Pulman's View from
Seaton & Beer

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Health, Leisure & Beauty See Pages 29-36

Speed Watch team up the ante

by Anders Larsson
anders@pemedia.co.uk

CAMPAIGNERS have stepped up their fight to bring down speed in Seaton Down Hill, hoping that Devon County Council will change policy in the summer.

Speed has been an issue for a long time, and the latest attempt to bring about change was the formation of Seaton Down Hill Community Speed Watch Team in February last year.

Members themselves admit their success has been very limited.

One of the founder members, Paul Allan, said: "We have been trying to get motorists to reduce their speeds for over a year but with little success.

"The issue is dangerous – excessive speeds of 40mph and over in a 30mph limit caused by motorists speeding up at the bottom of Seaton Down Hill so that they are travelling at speeds in excess of 40mph as they enter the national speed limit zone (60mph) in the top half of Seaton Down Hill to the junction with the A3052 at Tower Garage, and motorists who are travelling at speeds in excess of 40mph coming down the hill and who fail to slow down as they enter the 30mph zone.

"In addition, many people are concerned at the speeds of motorists on the A3052 at the junction with Seaton Down Hill. It would help greatly if the speed limit on the the top half of Seaton Down Hill and further west on the A3052 is reduced to 40mph.

"We are told by Devon County Council (DCC) Highways Officers that they will do nothing as current policy prevents this. Apparently, there have to be lots of accidents on this road before any action will be considered. However, DCC is reviewing this policy."

As a result, the team has circulated more than 400 copies of a letter to households in the area, inviting each one to sign it and send to DCC.

A speed watch group in Colyford, which works with the Seaton team, has also produced a letter in its village circular to try to come to terms with speed on the A3052.

Mr Allan said: "We have been told that the more letters that are sent, the better the chance of DCC taking action. It is time for local people to stand up and fight for their share of resources.

"Most other towns and villages in East Devon have traffic calming and sensible speed restrictions in place. Our safety is as important as residents' in other areas."

He added that an average one-hour speed watch session results in up to 25 motorists being clocked as going too fast.

For example, one motorist was clocked doing 58mph during the session on March 10th.

A speed watch team record speeds, with excessive ones being passed to police – but cannot be used to issue fines or prosecute drivers.

In January it was announced that Seaton Down Hill had been made a "special tasking area" by police, which means that traffic cops will appear regularly to make speed checks.

It was explained that local officers had been visited by a traffic sergeant from police headquarters at Middlemoor, who had inspected Seaton Down Hill and decided to make it a special tasking area.

Pulman's View asked the police media office if checks have been carried out and, if so, the outcome.

No information had been received at the time of going to press.

Anyone wishing to sign the letter can obtain a copy by e-mailing Mr Allan at elwynroad@hotmail.com

SEATON Mayor Tony Woodman was delighted to officially open a brand new £150,000 Jurassic-themed play park. Located next to the skateboard park in the Underfleet, the facility boasts a 30-foot zip wire, bat tunnels, climbing rocks at the 'Cretaceous zone', viper ropes and a dinosaur nest in the Jurassic zone plus more features. The features at the new park were chosen by local schoolchildren during a consultation by Seaton Town Council. Seaton Mayor Tony Woodman said: "This is a fantastic addition to Seaton and one the town council can be very proud of. It will bring people to the town and this will help the local economy."

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View 2

The ultimate leisure guide for East Devon & South Somerset

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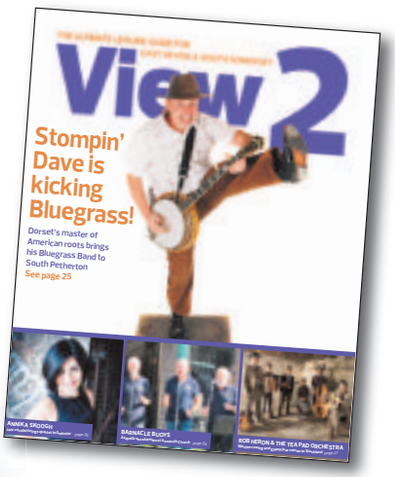

SEE PAGES 23–27

IN YOUR PULMAN'S VIEW THIS WEEK

Jasper & little sister Charlotte love to cuddle up together. If you would like them to cuddle up to you too give us a call!

CATS PROTECTION
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PEOPLE IN THE NEWS

AXMINSTER: Martin Smith steps down as headteacher of Axe Valley Community College on March 24th, before taking up a new post in Okehampton

OTTERY ST MARY: Aidan Pearcy won third prize in a national competition amongst Scouts to design a new tool for the Swiss Army Knife

CHARD: Year 6 pupil Archie won Chard School's non-uniform day proceeds for the RNLI with his presentation on the charity and its work

SEATON: Hilary Bradt, who lives locally, co-wrote new Bradt guide-book *Seaton and the Jurassic Coast*, which had its launch at the Town Hall on March 8th

Quotes of the week...

"If you have a feeling something's not right, talk to someone."

Cllr Frances Nicholson, on Somerset County Council's support of a new national campaign to raise awareness of how to report child abuse

"There were a lot of wonderful times and also heartbreak but I really enjoyed everything about it."

Shirley-Ann Williams of Ottery St Mary, who will receive Maundy money from the Queen in recognition of her 25 years' service on the General Synod of the Church of England

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FEATURES

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■ **ILMINSTER:** *Page 21*
■ **HAVE YOU SEEN OUR WEB SITE?:** *Page 22*
■ **SPRING CLEANING:** *Pages 28*

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TOP STORIES FROM ACROSS EAST DEVON AND SOUTH SOMERSET

EAST DEVON
Hospital trust transfer held up

THE transfer of East Devon community hospitals from one NHS trust to another has been delayed by more than half a year.

What has been a complex and complicated transfer involves, among others, hospitals in Sidmouth, Honiton, Seaton, Ottery and Axminster.

The transfer from Northern Devon Healthcare NHS Trust (NDHT) to the Royal Devon and Exeter NHS Foundation Trust (RD&EFT) is now expected to be completed in June.

Regulator Monitor launched an investigation in January 2015 following a complaint by NDHT over NEW Devon Clinical Commissioning Group (CCG) decision to name the RD&EFT as its preferred provider of community services in the area.

NEW Devon CCG was exonerated and all three NHS organisations involved issued a joint statement in August last year, saying: "We now look forward to the next steps and pressing ahead with the pre-planned work to ensure value for money – ahead of awarding the contract in November."

A spokesman for NHS Northern, Eastern and Western Devon Clinical Commissioning Group (NHS NEW Devon CCG) did not explain the delay, but said: "The CCG is... working with the RD&EFT on the necessary assurance and contracting processes, ahead of the proposed transfer we anticipate in June 2016."

■ NDHT has been rated the best NHS trust in the country for staff satisfaction. In an analysis of the results of the NHS Staff Survey for 2015, NDHT came out on top among the 84 NHS Trusts in England.

Chief executive Dr Alison Diamond said: "The survey showed that our overall staff engagement had further improved since 2014, which is very encouraging especially given the challenges we've faced such as the uncertainty over the proposed transfer of community services in our Eastern patch."

From the editor's chair

Webster's: just get on with it!

WHEN the owners of the former Webster's Garage in Axminster finally won approval for the town centre eyesore to be demolished and the site converted to a temporary car park, there was a collective sigh of relief.

After 40 years of blighting the entrance to the town centre, at long last the site – which had given Axminster such a bad name – was about to be tidied up.

After a drawn-out planning process, the old garage was eventually demolished and the site cleared in readiness for a new central car park, albeit a temporary solution until the owners, Plymouth-based Hallmark Estates, could consider its original intention of creating a retail-cum-residential development.

They did explain at the time that such a plan would have to wait until the economy improved and the development of Axminster continued apace.

At a local level Hallmark have been represented by the much respected auctioneer and property expert Graham Barton. Axminster was confident its expectations were in good hands. This was two years ago – but here we are still waiting. The site was used last year to accommodate the carnival fun fair and the mural which was commissioned to tidy up the front of the garage has found a new home on the side wall.

The site does look better and ready to accommodate vehicles but now there's another delay over a revised planning application which was the subject of debate at the last council meeting.

The town council recommended refusal on the grounds that the new plan is not in keeping with the town centre.

Deputy mayor Graham Godbeer, reluctant to create headlines in this newspaper, wondered whether the revised application was not more than a delaying tactic.

The boss of Hallmark side-stepped that claim when we sought a reaction and says the opening of the car park is now weeks, rather than months away.

We wait with bated breath...

PHILIP EVANS

SOUTH SOMERSET
Chamber welcomes tax announcements

SOMERSET Chamber of Commerce has welcomed the Chancellor's 2016 budget for business tax, cider duty and flood defence improvements, but describes the lack of reference to South West infrastructure improvements as "frustrating".

Following Chancellor George Osborne's announcements last week, the chamber's Chief Executive, Dale Edwards, said: "... announcements in the budget relating to new or improved infrastructure were concentrated in the North and South East of England, which is frustrating for the South West.

"On a brighter note, Somerset cider-makers and distributers will be pleased that duty has been frozen, and it is hoped that some of the additional £700million revealed through an insurance premium taxation increase of 0.5 per cent to fund improvements to flood defences will be spent in Somerset."

Conservative Yeovil MP Marcus Fysh's take on the budget was: "Good news specific to the South West includes £3million to improve rail stations, a £19million fund for community-led housing schemes and an increase in grants to extend ultrafast broadband here."

COLYTON
Mass resignation of neighbourhood plan volunteers

CONTROVERSY surrounding the Colyton Parish Neighbourhood Plan continued last week, as seven Colyford volunteers resigned amid claims of "constant, unnecessary interference" by the parish council.

The mass resignation at last week's Colyton Parish Council meeting came after chairman Howard West, his wife Anne, and one other member resigned following a fall-out with the parish council in February, and claims they had received threats from a councillor.

Last year, Colyton Parish Council agreed to develop a neighbourhood plan, which will shape how the parish is developed in future years, and asked for volunteers to work on the project. Separate committees were set up in Colyton and Colyford, consisting of both councillors and volunteers, as well as a steering group.

At last week's heated parish council meeting held in Colyford, a letter of resignation was read on behalf of seven Colyford volunteers – Sue Boorman, Mike Elsey, Peter Mason, Diana Nason, Ian Priestley, Liz Thomas and Tim Wheeler.

Council chairman Andrew Parr told *Pulman's View* : "Obviously this is the considered decision of those members. It does, however, leave four members on the committee, the three parish councillors and John Mills, the Mayor of Colyford. Hopefully, other residents of Colyford will come forward and volunteer to help with Colyford's neighbourhood plan."

AXMINSTER
Webster's car park plan 'delaying tactic'

LAST minute changes to the Webster's site car park development in Axminster have been opposed, and one town councillor suspects the company involved of trying to delay the process.

Hallmark Estates boss Neil Hiscocks submitted a revised Landcaping Plan application earlier this year, describing it as "tweaks". Part of the application was a change to the marking lay-out.

The town council was fully behind Hallmark Estates when it fought a planning battle and eventually got permission to turn the town centre eyesore into a temporary car park two years ago.

The site has been cleared and did host the carnival fun fair last autumn, but it has not yet been used for car parking.

Axminster Town Council discussed the revised landscaping plan at their monthly meeting last week when deputy mayor Graham Godbeer said: "I think it is just an obfuscation technique to delay the process."

The Webster's site was a prominent eyesore for more than 30 years, and the car park is a temporary use until a long-term development plan has been devised.

SEATON

CAMPAIGNERS have stepped up their fight to bring down speed in Seaton Down Hill, hoping that Devon County Council will change policy in the summer.

The latest attempt to bring about change was the formation of Seaton Down Hill Community Speed Watch Team in February last year.

One of the founder members, Paul Allan, said: "We are told by Devon County Council (DCC) Highways Officers that they will do nothing as current policy prevents this. Apparently, there have to be lots of accidents on this road before any action will be considered. However, DCC is reviewing this policy."

As a result, the team has circulated more than 400 copies of a letter to households in the area, inviting each one to sign it and send to DCC.

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Six month delay in hospital trust transfer

by Anders Larsson

THE transfer of East Devon community hospitals from one NHS trust to another has been delayed by more than half a year.

What has been a complex and complicated transfer involves, among others, hospitals in Seaton, Axminster, Honiton, Sidmouth and Ottery.

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Regulator Monitor launched an investigation in January 2015 following a complaint by NDHT over NEW Devon Clinical Commissioning Group (CCG) decision to name the RD&EFT as its preferred provider of community services in the area.

NEW Devon CCG was exonerated by Monitor, and all three NHS organisations involved issued a joint statement in August last year saying they would work together to implement the transfer, aiming to award the new contract in November last year.

The statement said: "All three NHS organisations involved will now work together to demonstrate this procurement presents value for money to the taxpayer through a due diligence process.

"We now look forward to the next steps and pressing ahead with the pre-planned work to ensure value for money – ahead of awarding the contract in November."

But little has been said since.

A spokesman for NHS Northern, Eastern and Western Devon Clinical Commissioning Group (NHS NEW Devon CCG) did not explain the delay, but said: "NEW Devon CCG, RD&EFT and NDHT continue to work together to advance the due diligence process of the proposed transfer of the contract to run community services in Eastern Devon.

"The CCG is also working with the RD&EFT on the necessary assurance and contracting processes, ahead of the proposed transfer we anticipate in June 2016."

■ On a separate note, NDHT has been rated the best NHS rust in the country for staff satisfaction.

In an analysis of the results of the NHS Staff Survey for 2015, NDHT came out on top among the 84 NHS Trusts in England.

In addition, the survey placed NDHT:

- First out of 39 trusts that run acute and community services;
- First out of 24 trusts in the South West;
- Sixth out of 138 trusts that run acute services but aren't classified as a specialist trust.

Chief executive Dr Alison Diamond said: "This is another excellent set of results, after our staff rated us the best trust in the South West and fourth in the country in 2014.

"The survey showed that our overall staff engagement had further improved since 2014, which is very encouraging especially given the challenges we've faced such as the uncertainty over the proposed transfer of community services in our Eastern patch."

Easter art exhibition returns

URSULA Pratt MBE, together with her friends, has staged more than 40 art exhibitions over the last 25 years for local good causes.

In the past money raised has gone towards such causes as the West of England School for Children with Little or No Sight, to buy equipment including musical instruments, and a specially-designed frame for a girl who, was not only was blind, but also couldn't stand up.

For the Exeter Royal Academy for Deaf Education, six computers, a screen and radio link aid for the teacher to converse with the students has been purchased.

And for Sense in Seaton, Ursula personally created a special garden with plants for smell and touch, and a table, chairs and hot tub have also been purchased.

This year's Easter art exhibition once again promises to be spectacular with very high quality work by local artists, including John Hoar, Ray Balkwill and Tina Stokes.

Top historic marine artist Barry Mason will also be showing his painting 'Red Sails in the Channel', while emerging talent, caricaturist Kevin Rye, will be waiting to draw your portrait during the exhibition.

Sculptures will be on display too, with top quality work by Ian Edwards, Emma Macfadyen, Anna Day Lewis, Riki Horn available for sale.

The exhibition will be held from March 25th to 28th, at Branscombe Village Hall from 10am to 5pm .

Entrance costs 50p and is free for children, with proceeds going toward Hospice Home Care.

Cancer Research fundraiser makes more than £1,000

■ CANCER Research UK's first jumble sale of the year in Seaton netted more than £1,000. The sale was held on March 5th at The Gateway.

Seaton and Axmouth branch member Paula Vickers said: "We took £875.74 at the sale itself, plus another £200 from one of our wonderful loyal supporters – so £1,075.74 for the day.

"As always, it's so nice to see our regulars who seem never to miss one of our sales and without whom we would never meet our sales targets."

Paula is keen for more people to come forward as volunteers, saying: "We have a very loyal group, but age and ill health do inevitably take their toll and some extra hands would be so helpful and much appreciated."

■ AMBASSADORS: Maureen Carvell, Phil Christmas, Liz Redston and Jean Wright did a splendid job on the stalls

Family fun over Easter with the National Trust

NATIONAL Trust rangers in East Devon have announced a programme of free family activities from Easter through to the end of the summer holidays.

A spokesperson for the trust said: "There's nothing quite like fresh air, exercise and family time; and the fun that is to be had in the great outdoors helps create memories that will last a lifetime.

"But sometimes convincing kids to get outside can be a bit of a struggle.

"That's why the National Trust created the list of '50 Things To Do Before You're 11¾' – to encourage kids to get mucky, discover their wild side and most of all enjoy what Mother Nature has to offer."

There will also be beach rangers on Branscombe beach every Sunday and Bank Holiday Monday from Easter weekend through to the end of the summer holidays.

Kids can go on a rock pool ramble, make kites, create beach art and more.

Families who can't make the events in Branscombe or Sidmouth can still get outdoors to complete some of the '50 things'.

The spokesperson added: "East Devon is full of wonderful places to explore, with hills to roll down and streams in which to paddle.

Down on the beach, there are plenty of creatures to discover in rock pools, waves to jump, pebbles to skim or wild art to create."

Head ranger Peter Blyth is a big fan of the '50 Things' events.

He said: "Getting children outdoors and closer to nature is a key aim of the National Trust and it's a wonderful way to encourage environmental awareness through the exploration of the natural world."

Events are free and booking isn't required.

To find out more about each event, visit www.nationaltrust.org.uk/branscombe

Check to see if you can claim free childcare

PARENTS of two-year-olds are encouraged to check if they are eligible for free childcare.

The offer is made by Devon County Council, which provides funding to childcare and early years education providers for families in receipt of certain benefits so they can have a free place.

The council says that many parents are unaware of the funding, or of the benefits that childcare can provide.

In an effort to make people more aware, the council is writing to families who they know are eligible for the funding to offer them free childcare.

'Golden tickets' are being posted to eligible parents, who can redeem them in return for up to 15 hours a week childcare during term time, or 570 hours of free child care over the year, at approved day nurseries, school nurseries, child minders and pre schools. It represents a saving of £2,781.60 in childcare fees, based on the funding rate from Friday, April 1st.

The tickets were first used by the council to promote the funding last term, and they have since seen a big increase in the take up of places.

Funding is available for children whose family receive certain benefits, have a household income under £16,190, or if the child has a disability, special educational need or if they are adopted or placed under a residency order.

Councillor James McInnes, the DCCI's cabinet member with responsibility for early years provision, said: "We currently provide funding for about 1,925 free childcare places, but we know that there are some families who are eligible for it who may not be aware.

"This promotion is aimed at people who we know are eligible for the funding, and it's designed to encourage them to take up the placements.

"The funding provides an opportunity for children to make new friends and learn through play in specially approved childcare settings.

"It is also intended to support parents who want to use the time to access training, study or return to work."

If parents do not receive a golden ticket and feel that they are eligible, they can check their own eligibility online at www.devon.gov.uk/2gether or by calling 01392 385530.

Woman treated for smoke inhalation after Whitford fire

ONE elderly woman was treated at the scene of a fusebox fire in Whitford for smoke inhalation.

Firefighters from stations in Colyton, Seaton and Axminster were despatched just after 3.15am on Sunday, March 13th.

A spokesperson for the fire and rescue service said: "One elderly female was treated with oxygen therapy by fire service personnel for smoke inhalation whilst awaiting attendance of ambulance."

Fire chiefs subsequently issued a warning, stressing that electrics should be kept away from water.

The spokesperson said: "Water was thrown on the fire involving a consumer unit, which presented a danger of electrocution and created thick black smoke which spread through the house, and the house was heavily damaged by smoke."

An ambulance spokesperson confirmed the lady did not require hospital treatment.

Western Power Distribution also attended and isolated the power to the property.

PRIMARY school children from St Mary's in Axminster, All Saints, Kilmington and Seaton Primary formed an Axe Valley team to for the archery competition of Devon Schools' Ability Games in Plymouth. The team won bronze and a pupil named Aridus, from Seaton, recorded the highest individual overall score. A spokesperson for the team said: "Many thanks to Anne Harris and the teaching assistants who accompanied the children on the day with additional support from sports leaders Jonny Dunn, Cassie Butler and Ellie Marok from Colyton Grammar School."

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Seafish have deleloped this three-week basic seamanship induction course for new entrants to the fishing industry, consisting of two weeks shore-based training in basic seamanship (covering safety, gear and catch handling, net mending, rope work, stability, navigation and boat handling) followed by one week of mandatory safety courses (Sea Survival, Fire Fighting, First Aid, Health and Safety) plus the Seafish one day Fishing Vessel Stability course (currently not mandatory). Although we cannot guarentee employment immediately following this course, assistance will be given to students to find berths on suitable fishing vessels so that they can go to sea and put their new-found knowledge into practice and gain practical experience of fishing.

FOR MORE INFORMATION PHONE ALAN 01329 311371 OR EMAIL STEVE.JURASSIC@YAHOO.CO.UK

SURPRISE PARTY: Arthur cuts the cake as guests celebrate. Phyllis is the lady sitting immediately to the left of the cake

Arthur and Phyllis celebrate 72 years of married life

AN AXMINSTER war veteran and his wife have celebrated 72 years of married life.

Ex-Royal Air Force man Arthur Bruce and his wife Phyllis were treated to surprise party on Monday, March 15th.

Arthur, 93, and Phyllis, 92, live at Magnolia House in Axminster.

The surprise party was organised by Arthur's friends in the local branch of The Royal British Legion (RBL).

Axminster RBL honorary secretary Bill Sheppard explained: "Arthur is a veteran of World War II and although RAF, he was attached to an army battalion for battles on the continent.

"Arthur married Phyllis a couple of months before 'D'-Day; a very long and happy marriage."

During the war, Lyme Regis girl Phyllis was an international telephonist based at the Exeter exchange.

Arthur, originally from Hertfordshire, told *Pulman's View* that they married in Berkhamsted, having met when he was on a Scout group visit to Lyme Regis.

After the war they moved to Raymonds Hill, where they stayed for 30 years before making the short move to Axminster.

A cabinet maker by trade, Arthur changed direction and became a butcher after moving to the West Country.

Explaining the long and happy marriage, he said: "Take life as you find it. We came down here after the war when I couldn't settle in a factory."

Axminster mayor Cllr Douglas Hull attended the party and praised Arthur and Phyllis for their community involvement.

Among other things, they both spent 26 years with the local St John Ambulance organisation.

Councillor Hull said: "They have always joined in with the community and never stood back."

College head set to leave

MARTIN Smith's tenure as headteacher at Axe Valley Community College in Axminster is coming to an end.

The departing head has looked back at almost eight years in Axminster, saying he is proud of what has been achieved and very optimistic about the college's future.

His last day at work will be March 24th, after which he will be off to Okehampton College as director of Dartmoor Teaching School Alliance, co-ordinating training, professional development and leadership programmes.

He took charge of the Axminster college in 2008, succeeding the long-serving Liz Pinfield.

He announced that his involvement with Axe Valley Community College would end just short of its eighth anniversary last autumn.

At the time he said: "I would like to spend more time with my family. My wife and three children have always been tremendously supportive of my work as a headteacher.

"However, the workload and demands of the role have become increasingly difficult to manage alongside my family commitments.

"Secondly, I believe it is the right time for the college to have a change of leadership."

That change of leadership will come in the shape of Steve Green from Holyrood Academy in Chard.

It was only a few weeks ago that the Axe Valley Community College and Holyrood Academy announced a partnership, initially until the end of the year.

At the same time it was also revealed that the current vice-principal at Holyrood Academy, Steve Green, has been appointed to succeed Mr Smith in Axminster.

When asked if there is something he wished he had done differently during his time in Axminster, Mr Smith said: "No doubt if I started again, I would have done some things differently. But, in the main, I'm proud of what we have achieved.

"For example, I think students have higher aspirations of what they can achieve, and I am proud that nearly 90 per cent of Year 13 students have applied for university this year.

"I'm proud that students look smart. When I show visitors around they are invariably impressed with the ethos and atmosphere in the classrooms."

It hasn't been plain sailing all the way, though; there have been redundancies during his tenure

Mr Smith said: "Over the years the college has had to make changes to fit with lower levels of funding. My philosophy was to approach it in an open and honest way.

"Although it is always difficult to go through, staff were fantastic in accepting that change needed to happen, and professional, which made my life more straightforward."

On a more light-hearted note, occasional snowfalls proved tricky for Mr Smith.

He explained: "It was difficult making decisions as to whether we stayed open or not, trying to second-guess the weather.

"Those days weren't many, but very stressful as it was a 'damned if you do, damned if you don't' situation."

When asked about positive memories from the college, he said: "The great young people who come to school every day; happy and smiling children who make it a special place to work.

"I think that is what makes working in education a privilege."

About the future, he said: "I'm very optimistic about the future of the college.

"Steve Green will be a superb leader, and I think the new partnership will help both [Axe Valley and Holyrood] to further develop.

FAREWELL: Martin Smith will leave just before Easter

"I would like to say a big thank you to everyone involved with the college – parents, governors, staff and students."

Number plates stolen

THE number plates (NG 51 ZXS) of a silver Audi A4 were stolen when the car was parked in Widepost Lane, Axminster.

A police spokesperson said: "The theft occurred at some point between 5pm on Saturday, March 12th and 3.20pm on Sunday, March 13th.

"Anyone with information regarding the theft or whereabouts of these registration plates is asked to call 101 or Crimestoppers on 0800 555 111, anonymously."

The crime reference is 16174/16.

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Lots of support for school's Middle East clothes appeal

by Anders Larsson
anders@pemedia.co.uk

CHILDREN at St Mary's Catholic Primary in Axminster have praised everyone who helped their recent efforts to collect winter clothes for Samara's Aid Appeal.

The appeal helps displaced people in Iraq, Jordan, Lebanon the Middle East, and the children joined an effort organised by local churches.

A school spokesperson said: "A big thank you to everyone who donated to support this worthy cause."

TRIUMPH: The children put a lot of effort in to collecting winter clothes for Samara's Aid Appeal

■ AXMINSTER Drama Club's 'Cash On Delivery' has been named Best Comedy production in the South West by the National Operatic and Dramatic Association (NODA).

The club's 'Puss In Boots' production was also nominated in two other categories – Best Pantomime and Best Stage Décor.

Club member Leigh Conley said: "I'm pleased to say we won Best Comedy Production against very stiff competition.

"Everyone at the club is delighted and this award takes pride of place next to our last award, for Best Comedy Production, which we won for 'Calendar Girls' in 2013.

"We even got a congratulatory message from the play's author, Michael Cooney."

TRIUMPH: Jack Price, Leigh Conley, Jackie Demkiw and Heather White

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Runners keep air ambulance flying

■ RUNNING MUMS: Amy Catley, Kirstin Harwood, Fiona Pyle, Canny Hart, Bec Davey and Jess Tubbs promoting their cause

THE joint efforts of six running-mad mothers have so far raised £2,500 for charity, comfortably smashing their £1,500 target.

Amy Catley, Kirstin Harwood, Fiona Pyle, Canny Hart, Bec Davey and Jess Tubbs are all members of Axe Valley Runners.

They describe themselves as "a group of local mums who enjoy running for a hobby".

They jointly said: "We've somehow ended up enjoying it so much that we all decided to participate in The Grizzly (20 miles) and Grizzly Cub (nine miles).

"We thought, why not try to raise some money for Devon Air Ambulance Trust.

"It is such a wonderful charity that means a lot to us all, some for personal reasons and others just because you never know when you may need them.

"The Devon Air Ambulance Trust is trying to raise extra funds to make it possible to fly at night, so we would like to help them reach this huge milestone."

● Donations can be made online at www.justgiving.com/Amy-Catley1

Latest Bradt guidebook explores East Devon and the Jurassic Coast

SEATON and Axmouth are well-catered for in a new guidebook.

'East Devon & The Jurassic Coast' has been written by Seaton residents Hilary Bradt and Janice Booth. To celebrate the launch of the guidebook, a party was held in Seaton Town Hall on Tuesday, March 8th.

Hilary said about the guidebook: "It gives more space to Seaton and Axmouth than is included in any other current guide to Devon."

She founded Bradt Travel Guides, which is internationally-known for coverage of unusual destinations, 42 years ago.

Hilary added: "We have recently turned our attention to guides covering the British Isles – particularly the Slow series – of which this is the last in a trilogy covering Devon.

"Publication of this guide is a boost not only to East Devon tourism, but more specifically to Seaton Jurassic."

She was very pleased with the response at the party, and said: "The event was very successful. We told stories about Devon – legends and little-known facts – for nearly an hour and the audience seemed very interested, so we can definitely count it a success."

■ BOOST FOR TOURISM: Hilary Bradt and Janice Booth with copies of the new guide

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Advertiser's Announcement

Merriott couple lose 11 stones

MARTIN and Michelle Rowswell from Merriot, have lost a staggering 11 stones between them.

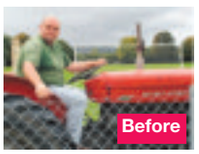
Martin was a diabetic with 6 1/2 stone to lose, was at serious risk with his health and about to be started on insulin injections as opposed to the tablets he was already taking to control his diabetes. Obesity is one of the greatest risk factors for type 2 diabetes accounting for 80-85% of the overall risk and people whose weight places them at high risk of diabetes can reduce their risk of developing the condition by 58% by losing just 7% of their body weight (Diabetes UK Statistics 2014)

Martin, who works for the local Council doing household cleaning in institutions such as local Schools, decided to take his health seriously and went along to his local Slimming World group, along with his wife, Michelle. Michelle who works part time as a waitress, also wanted to lose weight and support Martin in the process so they both attended the Crewkerne Friday morning group together. "We found the group to be so welcoming and friendly and soon felt part of our new Slimming World 'family' where members support each other, help each other with interesting food ideas and encourage each other to slim one day and one week at a time". Martin and Michelle were losing weight successfully every single week and soon slimmed their way to 6 1/2 stones lighter (Martin) and 4 1/2 stones lighter (Michelle)

Martin and Michelle have 2 young daughters and were concerned that their girls also ate healthily. Martin says "The great news was, that the food is so family friendly that no one would ever know that we were slimming as it is normal, family food that everyone can enjoy . Michelle loves to cook but also to make quick and easy meals of which the lovely Slimming World cookbooks, Magazine and online recipes are full of. Some family favourites are potato, ham and leek hash, curry and rice, cottage pie, and macaroni cheese. We can still enjoy the occasional packet of crisps without any guilt". "It really isn't like a diet at all, I have never felt hungry or deprived, I have slimmed my way to my target weight and the whole family are healthier now. We even enjoy going on walks together without any difficulty, and without getting breathless." Michelle says "Before I lost the weight I felt down and fed up, I couldn't wear the clothes I wanted to but once we found the group, I felt encouraged every step of the way on my weight loss journey by my Consultant, Julie, and the other members and staying to group every week helped me achieve the success I enjoy today. Family and friends have noticed the difference in us both since losing the weight and we have encouraged others to come along to group to achieve their dreams too."

Martin's GP is delighted with his achievement and Martin has now come off some of his diabetic medication, with no need to start insulin injections. Martin says "It has been great to fit the advice from my Diabetes Care Team into Slimming World's eating plan and that the weight loss has had such a dramatic affect on my health and energy levels. I am certainly grateful that Michelle and I found Slimming World when we did and would strongly recommend anyone needing help with weight loss to come along to their local Slimming World group to find out more."

Our Friday morning group is changing to a 9.30am Monday mornings at the George Reynolds Centre from Monday 28th March and Julie looks forward to meeting you. Julie also runs 5.00pm & 7.00pm groups on Monday evenings. Anyone wishing to find out more about the Crewkerne Slimming World groups or any others can contact Julie on 07946 043473 or visit www.slimmingworld.com for other local groups.



Pecorama gets facelift ahead of the new season

by Kevin Fahey

VISITORS to Pecorama this summer are going to see some significant changes at the popular Beer tourist attraction.

A massive programme of refurbishment and improvement is currently underway as Pecorama is given a facelift for the new season, which actually began yesterday (March 21st) when the doors were opened for the first time.

"In all my years here I don't think I have ever seen so much work going on at this time of the year," said Mark Ridgers, who is manager of Tourism and Marketing.

With Mr Ridgers gearing himself up for his 29th season at Pecorama he would certainly know, and last week the site in Beer was a hive of activity with workmen, gardeners and train staff all hard at work.

"We are installing a new zip-slide, up-grading the equipment in the adventure play area, installing new toddler activity panels and there will be a new creperie," added Mr Ridgers.

The creperie is being built on the site of the aviary and with undercover seating and decking will offer sumptuous views of Beer and Lyme Bay. The exciting new eatery is due to open for summer half-term.

As for the play-equipment head of maintenance Darren Chapman reckons the new kit will be a huge hit with children.

"The new zip-slide in the Wildway Walk will measure 40 metres which is roughly double the side of the previous one (in the adventure play area)," said Mr Chapman.

"There will also be new pieces of equipment in the outdoor gym on that site while at the adventure play area there will be a traversing wall, a jungle climber and a team swing which can take up to seven or eight children.

"The playground for smaller children will have activity panels, a weather station, mirrors and domes – so it is going to be very educational as well.

"There is a lot of work going on as we are always seeking to improve the infrastructure."

Mr Ridgers also pointed out that new toilets, drainage and improved car parking have also been completed in time for the Easter weekend when live entertainment will be on offer every day from Good Friday to Easter Monday.

"The Moon Garden is also being restored to its former glory including the return of a water feature," added Mr Ridgers.

"It is really busy and hopefully we will be bursting at the seams this summer."

■ Pecorama's tourism and marketing manager Mark Ridgers at the site of the new creperie and (inset) work takes place at the Moon Garden

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Pulman's reporter takes on the Grizzly... and lives to tell the tale

ANDERS LARSSON REFLECTS ON TACKLING THE GRUELLING 20 MILE MULTI-TERRAIN CHALLENGE

IT IS probably unfair that someone beaten by 1,100 plus runners gets so much publicity, but I'm going to milk this one to death.

My Grizzly debut is over, and it can only be described as an emotional and physical rollercoaster.

The week leading up to the race was probably worse than the race itself, trying to avoid a cold and the flu.

Everywhere I went people seemed to be ill, and I'm sure that I set a personal hand-washing record by scrubbing relentlessly after touching door handles, taps, kettles and so on.

But you can only do so much risk-avoidance without locking yourself into a hermetically sealed room, and you don't want to come across as totally paranoid and bonkers.

Although having been on the running circuit for a few years, The Grizzly always seemed a step too far.

Last year, for example, my only involvement was to take some photos for the paper on the Saturday.

But a newspaper column comment after that event, by my dear boss Mr Evans, changed things.

Probably cracking a bit of a joke, he declared that reporter Larsson and colleague Jack Dixon (who covered the main race for the paper last year) would run The Grizzly in 2016.

Jack has moved away, but I decided to prove that the foreign bloke with the funny accent is not clapped out just yet.

Grizzly race day eventually arrived and it was an early start.

Pre-race planning is just as important as race planning itself, you see.

For the 10.30am race start I set my alarm for 6am, the reason being two-fold.

One was to make sure that breakfast wouldn't be too close to the start, the other one to kick-start the digestive system to guarantee I had to go pre-race.

I think you know what I mean but, just to clarify, needing the toilet mid-race can badly affect performance.

Warm-up on the beach felt good, but I knew I wasn't going to set the world alight between Seaton and Beer as I prefer off-road.

But I struggled from Beer onwards and panic set in at about eight miles. Pulse-wise I was fine but my legs were just dead.

Being prone to blow my own trumpet and having bigged myself up in a previous article, I could ill afford to fail as the embarrassment would have been too much to take. The problem was that abandoning the race felt like a possibility.

A brief time-out and a mouthful of Dextro tablets at the next water station changed things for the better, though.

Exactly what happened, I don't know – but approaching the ten-mile marker I was flying and knew I would make it.

Believe it or not, but I was actually overtaking people at this stage.

What a relief, it is difficult to describe the feeling of total bliss.

Yes, it was hard work. But I was happy as a pig in... err, muck when tackling the bogs and I can live with the fact that I dipped and lost at least 30 places during the last mile.

The support along the course was immense and race organisers had even managed to mobilise a Swedish marshal, Seaton resident Ida Nolemo.

The end result was 4:41.48 and 1,157th place out of 1,393 finishers (and, possibly, top Scandinavian spot).

By the way, I wasn't the only one relieved.

My colleague James was down as my emergency contact on the registration form.

He had instructed me to pack a hospital bag just in case, expressing a reluctance to rummage through my underwear should he have to pack said bag himself.

Fortunately, his services weren't required, but we will have the same discussion next year.

As I alluded to in the intro, so many people should be praised – Axe Valley Runners, all the helpers, sponsors, all the runners, the crowd and everybody else who helped to put the show on the road.

If you are tempted, try it – running The Grizzly really is the perfect way to spend a Sunday.

INTREPID Pulman's reporter Anders Larsson with Seaton town crier David Craner before the race

ANDERS post-run

Advertiser's Announcement

LOCAL SOLICITORS' FURTHER EXPANSION

LOCAL long established East Devon and Somerset Solicitors Milford & Dormor are delighted to announce further expansion at the Firm's Seaton office.

Michelle Prosser, well known local solicitor, joins the Firm's conveyancing department based in the Seaton office, dealing with all property matters in Seaton, Axminster and East Devon.

Michelle's legal career began at The Crown Prosecution Service and during her seventeen years working there, she obtained her LL.B (Hons) and Post Graduate Qualification with distinction from the University of Wolverhampton. Michelle is a well respected solicitor and has built up a loyal following of clients. Domenica Fazio, Partner based in the Seaton office commented, "It is a real pleasure to welcome Michelle to our busy office and we are looking forward to developing our services further both in Seaton and Axminster, giving a quality personal service".

Senior Partner Bill Bennett said, "We are thrilled at this further expansion and Michelle brings to East Devon her local knowledge and commitment to the best care of clients".

Pictured at the Seaton office are from left to right, Sandra Millman, Receptionist, Nicola Bush, Legal Secretary, Michelle Prosser, Solicitor, Domenica Fazio, Partner and Bill Bennett, Senior Partner.

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Blackdown seed swap

MEMBERS of the Blackdown Hills Transition Group (pictured) are encouraging local residents to take part in a seed swap to help give some life back into their gardens.

The cost-effective initiative asks those of the green finger persuasion to bring along some of their seeds they are unable to plant and allow others the chance to use them. The transition group have been attending farmers' markets regularly. And don't worry if you don't have any seeds, for a small donation you can take some seeds that have been donated by other gardeners.

Burglary at Membury

POWER tools and a generator were stolen during a break-in at a smallholding near Membury.

The burglary took place at some point between 5pm on Friday, March 11th and 10am the following day.

PCSO Andy Trott of Axminster police said: "Outbuildings were broken into by cutting the padlocks and forcing entry.

"The generator was property-marked with a EX13 post code and the pull cord was broken."

Anyone with information is asked to call 101 or email 101@devonandcornwallpolice.pnn.police.

The crime reference is CR/015916/16

All Saints school open

WISE Owls Pre-School in All Saints will welcome members of the public for an open day on Good Friday from 10am-12pm.

A spokesperson said: "There will be an Easter Egg hunt, an Easter raffle, tea, coffee, cakes and lots of toys for children to play with.

"It's all to raise funds for a covered area in the garden and a new shed to store the new wheelies that we have just bought."

Kilmington exhibition

EXHIBITORS from Kilmington and surrounding areas are invited to display/sell artwork, craft and photographic prints during a June exhibition.

The exhibition will be held in Kilmington Village Hall, alongside the flower festival in St Giles Church.

Village hall treasurer Pauline Horwood said: "This event will be held from Friday, June 3rd to Sunday, June 5th. "Entries are welcomed from all age groups and there will be a prize for the Judge's choice in the Photographic section, which will be judged on the preview evening.

"Refreshments to include morning coffee/light lunches and afternoon teas will be available throughout the exhibition."

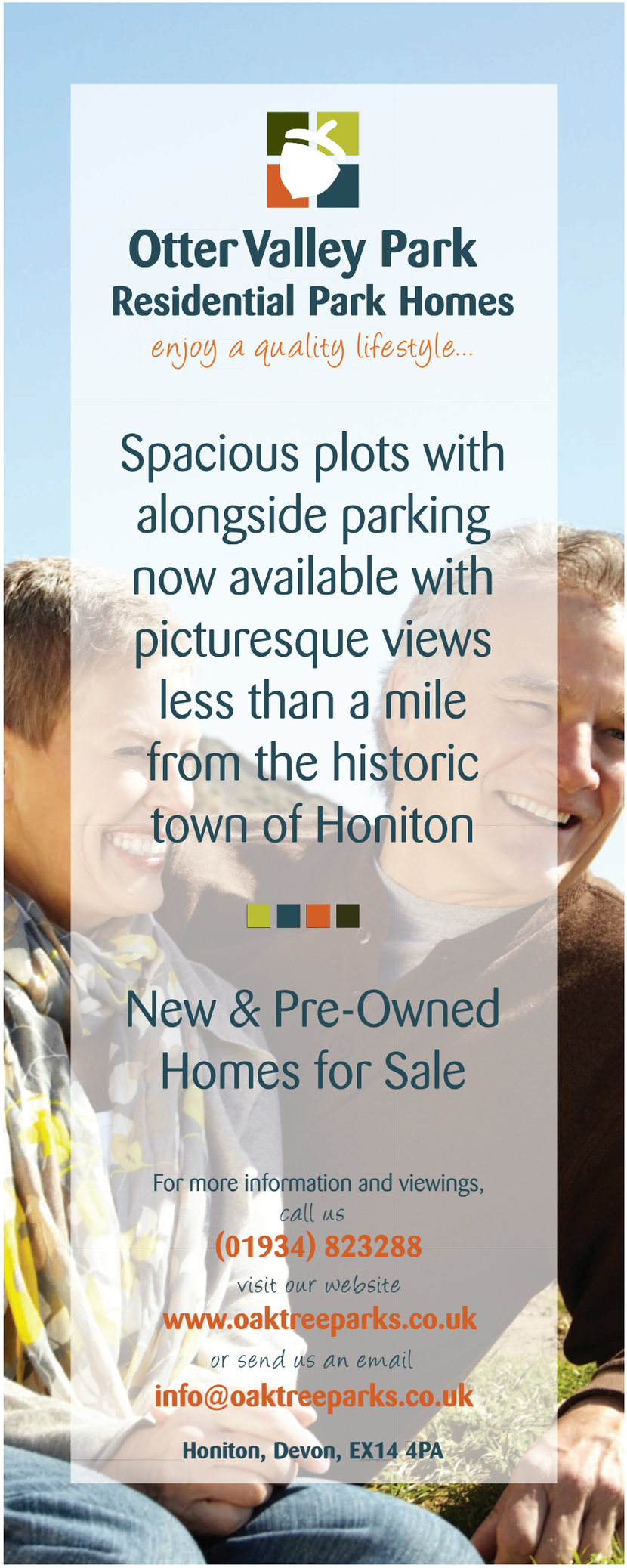
The closing date for exhibition entries is Friday May 27th. Full details and entry forms are available from Pauline Horwood on 01297 34633, Hurfords Stores in Kilmington or at www.kilmingtonvillage.com

Pupils receive boxes of books

PUPILS at All Saints Primary School have taken delivery of boxes full of books.

The school's parents, teachers and friends' association (PTFA) raised more than £500 to buy the books.

Before ordering the books, the PTFA consulted pupils on what books they wanted for the school library to make sure the mix was right.



Watercolour demo

AXMINSTER ART SOCIETY celebrated its new venue, The United Reformed Church Hall in Chard Street, with demonstrator Marilyn Allis. The artist, who demonstrates on cruise ships and has appeared several times on television, is well known for her loose, delicate style of watercolour work.

Marilyn first worked on a pencil sketch of a racing scene from a coloured photograph, using good basic brushes with sharp points. After tea, she began a new picture of a wine bottle and glass. Marilyn explained: "I am trying to recreate the colours reflected in the wine glass, not the wine glass itself."

The Chairman thanked Marilyn for an excellent afternoon's entertainment.

The next meeting will be on April 20th, when John Meaker will demonstrate life drawing in the United Reformed Church Hall starting at 2.30.

Further details at www.axminsterartsociety.uk

Wallis and theatre talks

SEATON PROBUS: At the meeting on March 2nd Molly Bond spoke on 'Wallis and the Abdication', giving many details of Simpson's life before, during and after the abdication of Edward VIII. Eighty years after the event, the story of Mrs. Simpson and the British monarchy remains as colourful as ever.

At the meeting on March 16th, Derek Blunt conveyed his life-long affection for theatre. Derek, a club member, surprised his fellows with highly amusing accounts during his talk '60 years on the Amateur Stage'. It was rewarding to hear the story of someone who has had so much enjoyment from his chosen pursuit.

The next club meeting will be on Wednesday, March 30th at 10am, Methodist Church Hall, Scalwell Lane, Seaton, when the subject will be 'The Jurassic Coast and its Hinterland'.

Artwork critique

HONITON ART SOCIETY: An encouraging and helpful critique of their work was on hand for members at their March meeting.

With a good selection of work in all mediums awaiting his attention, local artist Nick Watton began by stressing that his opinions could only be subjective, there were no rules that could not be broken. But he did consider composition and contrast were important factors in a painting. All the work on show was given careful scrutiny by Nick and useful advice passed on.

Thanking Nick, Chairman Barrie Raby said he sure members had all gathered many useful tips that could be applied to improve their work.

The next meeting of the society is on Monday, April 11th at Awliscombe Village Hall, 2-4pm when Rebecca de Mendonca will be demonstrating painting figures in pastel.

Visitors and new members are always very welcome. There is an entrance fee of £2 for visitors.

More information at www.honitonartsociety.com

Email your club reports to francesca@pemedia.co.uk

the WI INSPIRING WOMEN

SEATON branch welcomed two new members on Tuesday, March 15th, and there is now a waiting list for anyone wishing to join.

Two members celebrated birthdays this month and received presents whilst a third member with a special birthday received a bouquet of flowers.

Tickets were issued for the Spring Group Meeting to be held at Musbury Village Hall on April 22nd.

After refreshments, members were captivated by artist Kay Clive-Francis' watercolour demonstration.

Competitions: Flower of the Month – 1st Denise England, 2nd Zelma Lindsay-Smith, 3rd Aimee Guard; General (membership badge from an organisation) – 1st Denise England, 2nd Doreen Batchelor, 3rd Hilary Mabon.

The next meeting will be held on April 19th, 2.15pm at Seaton Methodist Church Small Hall.

Ottoman ceramics talk

NATIONAL TRUST: The Axe Valley Centre was given an illustrated talk on March 9th by Lady Angela Morland, entitled 'The Delights of Iznik Ceramics'.

Lady Morland explained the history of the ceramics and their location in Iznik City (Nicea), where they had been produced from the 15th century onwards. This city was part of the Silk Route and had been a major city in the Ottoman Empire. She also spoke about the symbolism in connection with the many flowers, trees and animals used throughout the different periods.

The company Lady Morland had been running until recently, called 'Iznik Revival's', reproduced designs under licence, these being made in Turkey by the local potters of Iznik. This was a very unusual insight into these type of ceramics, which can be found here in large houses as well as in Turkey.

Secret WWII unit under Membury privy

DEVONSHIRE ASSOCIATION: The most closely guarded secret of the Second World War in Devon, an underground radio station at Bewley Down outside Membury, was revealed in all its ingenious detail by Captain Hugh May RN (retired) giving the final talk of the season to the Devonshire Association's Axe Valley branch meeting at the Peace Memorial Pavilion in Colyton.

Hidden under a privy in the grounds of Selah House the station, designed to give and receive information behind enemy lines after the expected 1940 German invasion, was run by a unit of the Auxiliary resistance force which never officially existed. The secret auxiliaries were landowners and professional-class civilians, often chosen through the 1930s "old boy network".

The talk followed the branch AGM which saw the retirement of Dr David Westlake, who received a warm vote of thanks for his 12 years of keeping the branch going as hands-on chairman, with his committee. He will continue as vice chairman until the new committee, comprising Jo Connor, Brian Denham, Mary Jones and the existing treasurer Dr Michael Barr, elect a new leader.

The Garden Shop & Cafe

NEW PLANT AREA OPENS EASTER WEEKEND

Special offers:

Good Friday - buy 5 primula get 1 free
Easter Saturday – 5% discount on plants when spending over £15.00
Easter Egg Hunt for children under 12
Easter Sunday – 10% discount when spending over £100 on plants and/or pots
Easter Monday – free regular coffee or pot of tea when spending over £15.00 on plants

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Advertiser's Announcement

Makeover for the Garden Shop in Colyton

THE Garden Shop in Colyton is pleased to announce the opening of their new plant area at Easter Weekend. Proving that independent retailers are among the most creative and individual shops around, owner, Sue Brown, has designed a completely new and extended display for her plants.

Totally restocked with locally grown roses, shrubs, bedding, alpines, climbers, perennials and vegetables, there is now much to see and buy, with many unusual varieties.

Built by Andy Woolner, of Garden Retreats, out of wooden pallets and sustainably grown timber and painted in a range of fabulous colours creating a rainbow effect that just makes one smile, the plants look wonderful. Sue commented 'I wanted to create a restful, but unique and memorable area, and am passionate about recycling, so this was the obvious solution. I am very pleased with the way it has turned out, it is now so vibrant and the plants seem to thrive in their new surroundings'.

There will be special offers running from Good Friday until Easter Monday, and an Easter Egg Hunt for children on Easter Saturday.

We have also taken delivery of our new season Streptocarpus. Grown by Dibley's Nursery in Wales, there are several new varieties from which to choose. Dibley's are acknowledged as one of the premium growers in the country and have won over 100 Gold Medals at Chelsea Flower Show.

Apart from all the wonderful plants we have a gift area, greeting cards, garden tools, seeds, bird food and sundries, pest control (organic and chemical), fertilisers, composts, and a great range of Italian pots. Our Café serves some of the best coffee in the area, complemented with breakfasts, light lunches, snacks, and our fabulous cakes! Our friendly staff look forward to welcoming you, and are always ready to offer help or advice. Please ask for assistance if required.

With plenty of free parking The Garden Shop offers a complete destination shopping experience and is open seven days a week from 9.00am until 5.00pm (10.00-4.00pm on Sundays).

We would like to thank all our customers for their lovely comments on the new look, and hope to see many of you soon.

Views on the Colyton Parish Council editorial

■ I AM writing in response to Philip Evans' editorial in the *View from Colyton*, February 16th.

The main front page article by Francesca was well balanced, giving both sides of the disagreement. However the editorial comment was not.

It repeated the unspecified accusation made by Howard West that he had received verbal threats from a parish councillor, and that councillors had acted in a threatening, aggressive and hostile manner. Then for good measure it added the allegation that the paper had been..."treated in an appalling manner by some parish councillors". This is a slur on Colyton Parish Council and the individual councillors – easy to make but not backed up by any details.

As with Howard's complaints, I do not believe the editorial's complaints are any more than two sides disagreeing, and that is a debate or an argument, not a threat or appalling behaviour.

Details would have given the editorial the balance it lacked: without them it was merely fiction.

COUNCILLOR ANDREW PARR,
chairman, Colyton Parish Council

This letter is a copy of a statement made at Colyton Parish Council on March 14th

■ ON February 23rd this parish council was the subject of some candid comment in the *View From* newspaper. Not in an article, or on the letters page, but in the personal editorial from the group editor, Mr Philip Evans.

Philip Evans, for those who may not know, is one of the most respected regional newspaper journalists and group editors in England. He can also lay as much claim as anyone in this room to being born and bred. He is a Lyme boy, who had a national career at the *Independent*, starting off on the *Pulman's* in Axminster 40 years ago, and has for the last fifteen or so been a model regional editor – one who fully understands that local democracy can only be truly held to account by the efforts of a free press. It is quite remarkable at a time of local paper cutbacks that he has until today been prepared to expend the considerable resource of sending either Lisa Bright or Francesca Evans or on occasion himself to cover our community's council meetings.

So when he decides, freely and without any influence, that what his paper has seen going on at this council is so beyond the pale that he should dedicate his editorial to it, not a single person in this room should question his integrity, his independence or his despair. Neither should anyone smoothly underplay what this has done to Colyton's reputation across East Devon. His editorial was published in every edition – Axminster, Colyton, Honiton, Ottery St Mary, Seaton & Beer, and, Sidmouth – for all to read and to wonder what on earth is Colyton Parish Council playing at.

If any of us were to be chairing this council, one line should cause us to question what it has been doing in the most profound way. Mr Evans wrote, "This newspaper has been treated appallingly by Colyton Parish Councillors in recent years".

Given the weight of authority of Mr Evans' position, and assuming that this council is not calling him a liar, what inquiries has the Chairman made of himself and other councillors to identify who has "treated his newspaper appallingly"?

PAUL ARNOTT,
Colyton

Seaton's royal visitor

■ THE Jurassic Visitors Centre is almost ready for opening and looking 'fab' and as reported will be visited by a member of our Royal Family.

This will obviously assist Seaton massively in getting our name known not just in the region but throughout the country and beyond.

So let's hope all of our welcoming dignitaries are wearing their finest 'bib and tucker' and coiffures have been styled accordingly.

ERIC BOWMAN,
by email

Send your letters to Francesca Evans at Pulman's View From Newspaper, Unit 3 St Michael's Business Centre, Church Street, Lyme Regis, Dorset DT7 3DB or email them to francesca@pemedia.co.uk. The views expressed in letters are those of the author and not necessarily of this newspaper.

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Day 2: **Thursday 31st March at 10.30**

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Woodworking equip.: spindle moulders, planers both surface & thicknessers, dust extraction, saw-benches, panel saws, routers, compressors, pillar drills, paslode guns, chop saws, lots of power tools.
Garage equip. U-200 Tyre changer & U-820 Wheel balancer, Snap On Tool Chest & tools. Still R70-30 3 ton Diesel forklift..
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10.30 - 11.30	Core Strength			Flex & Stretch		
12.00 - 13.00		Power Burn				
12.00 - 13.30			Yoga			
17.30 - 18.30	Step Aerobics					
18.00 - 19.00		Shape & Tone*	Power Burn			
18.30 - 19.30				Vaporize		
19.00 - 20.00	Vaporize	Physio Pilates	Flex & Stretch			
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Follow the secret woodland paths, find your way to the middle of the giant maze, dare to take a leap of faith on the Forest Drop Slide and try our letterbox challenge! You can also enjoy delicious food in our Coach House Restaurant. Our food is all home-cooked and we are open all day for delicious breakfasts, lunches, Devon cream teas and snacks.

Come and discover why Wildwood Escot is the Natural Place to visit.

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"STILL WATERS" is situated in the very attractive Yarty valley, which is renowned for its beauty in the West Country.

Michael and Caroline Ford have developed Still Waters as a small lake to enable those interested in peace and seclusion to come and fish in country surroundings not bothered by the rush of every day life.

Fishing rods can be hired for the occasion. Sandwiches can be ordered in advance, or a barbeque arranged per head. Families welcome.

Small items for fishing can be purchased from the shop, including lines, gut and flies.

Any Fly is to be used. Anyone caught using and form of bait worm pellet or lure will be asked to leave the lake.

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We are open for Fly fishing

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Single Fishermen Half day and Evening @ £20.00 Limits apply

All day 10am to 5pm @ £40.00 Limits apply

Only 3 people allowed at any one time

Children up to 12 accompanied free teenagers 50%

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Bartlett's Farm Shop

Bartlett's farm shop near Honiton in Devon is run by Nicola and Rebecca and stocks a large variety of local Devon produce with a fresh meat and deli counter as well as an on site coffee shop.

Bartlett's farm shop pride themselves on their local sourcing with their butchery at being stocked with home reared Devon beef, home reared lamb and local pork.

The meat that is sold is either reared on their own farm in Honiton or is supplied from other local farms.

The meat is of the highest quality, hung in the traditional way for three weeks to give extra tenderness and flavour.

Bartlett's well-stocked deli includes a wonderful selection of locally made pies and pates as well as home-cooked meats, quiches and vegetarian dishes.As well as a wide selection of ales, wines, confectionery, dairy goods and even a gift section. Products include the award-winning homemade sausages, burgers, fresh vegetables, chutneys, preserves, poultry, eggs and potatoes from Ottery St. Mary, freshly baked breads from Seaton, cakes from Cotleigh and their chickens and ducks from Crediton.

Come and explore Bartlett's Farm Shop with all of the best Local Produce under one roof.

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Now taking orders for Easter

- Award Winning Sausages made on the Premises
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- Milk & Cream from Yarty Valley Yarcombe
- Free Range Chicken
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OPENING TIMES
Monday - Closed
Tuesday to Friday 9.00am - 5.00pm
Saturday 9.am - 4.00pm
Sunday 9.00am - 12noon

EASTER OPENING TIMES
Good Friday - 9.00am - 3.00pm
Easter Saturday 8.30am - 4.00pm
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01404 44375 | www.bartlettsfarmshopdevon.co.uk

Our farm provides the majority of the beef, lamb and pork or all from other local farmers.

One World

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Why not take a break from the generic sales and see what One World has to offer you. Whatever your requirements or if you are looking for something in particular, Nancy and her team are there to offer support and provide a personal service that is second to none. No request is too big or small, and we can help you find that unique gift that stands out from the crowd!

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Hand crafted gifts from around the world.
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Blackbury Honey Farm

Everything buzzing at the Honey Farm

THE weather is finally showing us its good side and after a frustrating winter with the outdoor jobs held up because of the rain, we are all raring to go!

The Honey Farm is now a veritable hive of activity.

Our lovely bees have survived the winter remarkably well and are now venturing out seeking early pollen to raise their young. Well done if you've got crocuses, daffodils, primroses, and grape hyacinths in your garden; our girls will be sure to be paying you a visit.

Our beekeepers, Dan & Ken have been joined this year by Magda who trained at the outstanding Polish Beekeeping College, the only one of its kind left in Europe. They have all been out checking on the hives, making sure all is well in anticipation of an amazing beekeeping year ahead (beekeepers are all optimists!)

New planting continues in the pollinator gardens, the shop is stocked with enticing gifts and the tea-room goodies are being freshly prepared so make sure you visit us soon. By popular request we have extended our opening times to include Thursdays, giving more people the chance to visit. We look forward to seeing you all.

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✿ Beekeeping display and information on planting for pollinators

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Chocolat et Present

CHOCOLAT ET PRÉSENT are still very busy hand wrapping delicious Easter Eggs and chocolates especially for you this Easter. Probably the largest selection of Easter Eggs and Novelties in East Devon !

The shop is full of delicious chocolates – hand wrapped milk, dark and white chocolate Easter Eggs filled with hand made and finished luxury Easter decorated chocolates. A range of Easter tins; baskets; animals; lollies; egg cups; Egg hunt bags; and so the selection goes on. Special themed Easter Eggs are available – dark Easter Eggs filled with Rose & Violet Creams, Marzipan selections, or if you have a favourite chocolate, Eggs can be filled to your request.

Special dietary eggs are in stock to cater for diabetic, dairy and gluten free intolerances.

For those who prefer a box, special Easter boxes are available which have been filled with a selection of hand made and finished chocolates including specially decorated Easter chocolates. New for Easter, chocolate donuts filled with strawberry, vanilla and chocolate mousse – totally wonderful.

Whatever your favourite – chocolate, mints, ginger, marzipan, nougat - you will find it at chocolat et présent. The perfect Easter gift – whatever your budget, you will not be disappointed.

A varied selection of Easter themed gifts including decorations, tins, baskets. Also candles, handbags, rag dolls, cushions, backpacks for children, notebooks – the choice is endless.

Opening hours this week Tuesday – Thursday 9am – 4pm. Good Friday 10am – 4pm, Easter Saturday 9am – 3pm. Closed Easter Sunday & Monday.

chocolat et present, London House, Market Place, Colyton, EX24 6JS. Tel 01297 553033. Credit/Debit Cards Welcome.

A warm welcome awaits your visit to chocolat et present – you will not be disappointed.

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playdome

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Term Time: 10am-3.15pm Mon-Tue
10am-6pm Wed-Sun
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New Nursery opened at Playdome for 0-5 year olds. Sunny Days Nursery, 01404 548267. www.sunny-days-nursery.co.uk. Like the nursery Facebook page for offers.

World of Country Life

Make some Magical Memories this Easter

Come along to World of Country Life, Exmouth this Easter Bank Holiday weekend and the whole family will be able to enjoy loads of fun packed 'eggstra' activities!

There are prizes to be won in the Hook-a-Duck competition and free gifts for all the children who complete the Easter Trail. The little ones can try their hand at the Easter Arts & Crafts and if you keep an eye out you'll be sure to spot our very own Easter Bunny wandering around with our park mascot 'Appy Angus the bright green deer! Those two really are a sight to be seen!

To add to the fun, on Bank Holiday Monday it is rumoured that those naughty Minions will be performing in their very own special Magical Minion Monday Show – hilarious!

All of this on top of the usual list of daily activities - walk a goat, bottle feed a lamb, enjoy the Hawkridge Birds of Prey display, ride on the Deer Train Safari*, meet the animals, visit the Hall of Transport, stroll along the Victorian Street and Farming Museum then if you still have the energy there are three indoor soft play areas, the Pirate Ship Play Area and numerous swings, slides and trampolines outdoors!

Farmer Lee's Food Barn will be open all day offering Easter specials and there's the pasty shack too for a grab-and-go tasty Devon treat so no need to go hungry!

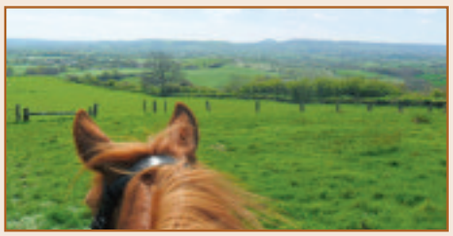
For a full itinerary of events please visit www.worldofcountrylife.co.uk

Woodhouse Farm Stables

WOODHOUSE Farm Stables is a small family run business, run by Lee and Sarah Sandford and their young family. Fully licensed and insured they offer a very friendly welcome to everyone from complete beginners, novice to experienced riders. Come and ride with them across some of East Devon's most beautiful countryside through farmland, bridleways and woodlands close to the picturesque village of Hawkchurch.

With many years of experience and qualifications Lee and Sarah work in partnership with all of their horses and ponies and the love, care and attention they give them, they reward them back with their gentle temperaments, trust and understanding.

Riding can be great fun whatever the weather, it's a fantastic way to enjoy the beautiful English countryside and wildlife and to rid you from life's daily stresses and worries.



Woodhouse Stables will try to tailor make every ride to suit every individual catering from the age of 4 years and upwards. Ride out for an hour, two hours, half day or full day.

Gift vouchers are available throughout the year for that special occasion or a unique gift.

Two-day pony experiences are held regularly please ring for details or for forthcoming events.

Woodhouse Farm Stables are open all year round so for bookings or further details call or text Lee or Sarah on: 07977381379 or 01297 639202 or email woodhousestables @yahoo.co.uk

Hard hats and body protectors are provided. Find us on Facebook.

WOODHOUSE FARM STABLES

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"An amazing, wonderful experience. My first time on a horse, I felt safe and well looked after, I will be back!" - Claire Thompson (Cambridge)
"Fantastic ride, a well run family yard, lovely horses and countryside." - Heather (All Saints)
"Excellent, safe and well organised. Thank you." - Powley Family (Lyme Regis)
"Friendly horses and friendly staff, made to feel very welcome, best stables around and would recommend you to anyone, thank you." - Zarra Andrews (Yorkshire)

Woodhouse Farm Stables, Hawkchurch, Axminster, Devon EX13 5UF
For bookings (by appointment only) and further details call/text Lee or Sarah on 07977 381 379 or 01297 639 202 or email woodhousestables@yahoo.co.uk
'Find us on Facebook' or at www.woodhouseridingstables.co.uk

Coast Water Sports

BASED in Axminster Coast Watersports are a family run business specialising in clothing and equipment for the watersports enthusiast. We've got a great range of clothing and accessories for kayaking, paddle boarding, surfing, kitesurfing, sailing and many other watersports.

Whether you just want a cheap wetsuit for your kids for the beach, or something more serious, our vast collection of wetsuits includes every size and style you could want. We've got summer and winter suits for men, women and children and accessories like gloves, vests and rash guards.

Being keen sailors ourselves we stock a huge range of clothing and chandlery for dinghy and small boat sailing from leading brands such as Zhik, Henri Lloyd, Gul, Gill and Magic Marine

We are a dealer for Perception, Islander, Dagger, Wilderness Systems, Wavesport & Ocean Kayak as well as Mad River Canoes and stock a range of clothing and accessories right through from the sit-on-top kayaker to the white water enthusiast.

We have a big shop with easy parking and remember there is 10% discount in store on presentation of this advert.

Seaton Tramway

Dinosaur Train™ returns to Seaton Tramway for Easter Eggstravaganza!

DINOSAUR TRAIN™ is back, and on track for another great success – from the creator of the Muppets, families and children are sure to enjoy this adventure-filled tram ride with music, stories and dinosaur activity area at Colyton Station!

Visitors will get to meet Buddy, the loveable and curious T-Rex, Laura the Giganotosaurus, Quincy the Quetzalcoatlus, Carla the Shark, Ned the Brachiosaurus and Mr Conductor, the Troodon, and celebrate the fascination that children have with dinosaurs.

The adventure will begin at Seaton where a dinosaur themed enclosed tram will take you to the Nature Trackers' Adventure Area at Colyton Station. Along the way there will be lots of music and stories from the hit show and kids will receive a goody bag and their Nature Trackers' Club Guidebook filled with fun-packed activities! There will also be plenty of wildlife to see as the tram passes through two nature reserves on the Axe Estuary.

At the Nature Trackers' Adventure Area, there will be a Dinosaur Dig, Fossil Excavation site, Dino Footprint Tracking, Dinosaur Activity area with loads of dinosaur exhibits to touch and draw, temporary tattoos and a bouncy castle! Experience a close encounter with real snakes, lizards and other species.

You'll also be able to purchase treats at our Tramstop Café and look around the gift shop for lots of dinosaur and tram souvenirs. After your fun-filled stop at the Adventure Area, your tram will take you back to Seaton.

The Dinosaur Train™ (Tram) is geared toward preschool children aged 2 - 5 years, but the entire family is guaranteed to have a great time!

Departs from Seaton Terminus 27th & 28th March, 1st & 29th May, 24th & 31st July, 29th August and every Sunday in August at 11.00am (Note: further departures may be available).

BOOK EARLY either online at www.tram.co.uk or by phoning the booking hotline at Seaton Tramway on 01297 20375.

Tickets are £16.95 per adult, £12.95 per child 2-15, Under 2's are FREE.

Family Saver (2 Adults & 2 Children) £46.85.

Pecorama

Bellissimo Boutique & Dress Agency
Celebrating Caroline's First Year at the Business
33 Silver Street, Ilminster, Somerset, TA19 0DW | 01460 55905

Bellissimo Anniversary Event Saturday 2nd April

CAROLINE KENSHOLE has been at Bellissimo a year! To help her celebrate this achievement, Caroline is inviting all customers – past, present, old and new – to pop in for a browse, a chat and maybe even a glass of bubbly.

'A year has gone by since I took over Bellissimo Boutique and what a lovely year it has been!' says Caroline. When asked what her favourite part of her job is, Caroline's response was instantaneous, 'With meeting old and new customers no two days are the same, and with the help of my lovely colleague Sheila we hope to brighten up your day.'

Bellissimo truly has something for everyone! If you are after casual wear or dresses, skirts or tops and jackets at Bellissimo you will not be disappointed as all items are of the best quality and style, just at an affordable price.

Bellissimo not only provides general clothing at savvy prices, but they also carry specific styles, such as mother of the bride outfits, wedding guest outfits, and even outfits for the Bridesmaids. But it doesn't stop there, at Bellissimo you can find the perfect dress for you special day with gorgeous ex-display and preloved designer wedding dresses – look out for their special dress open days once a month or book an appointment anytime that suits you to go and have a browse in a relaxed atmosphere.

If you are off to the races or having tea with royalty they have something for all occasions along with hats, fascinators, shoes or bags all with a friendly service.

Can't make it to the Bellissimo?

Let Bellissimo come to you. As from April Bellissimo will be available for evening bookings to view items in you own home. So gather your family and girlfriends to view a selection of wedding wear and accessories in your own home. Contact Caroline for more information on this exciting new adventure.

Caroline would like to thank all her customers for their continued support and she hopes to see you on the 2nd April where there will be a charity rail and proceeds going toward Cancer Research UK.

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East Devon Removals, have almost forty years experience in the business. With plenty of local knowledge and countless satisfied customers, we provide one of the best removal services across East Devon.
Moving house can be a very unsettling experience for any person. We pride ourselves on providing a professional and friendly service.
Let us do the hard work so that you can start enjoying your new house from the moment that you set foot in the door. We now have a storage facility for long or short term periods.
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THE ULTIMATE LEISURE GUIDE FOR
EAST DEVON & SOUTH SOMERSET

View 2

Stompin' Dave is kicking Bluegrass!

Dorset's master of American roots brings his Bluegrass Band to South Petherton

See page 25

ANNIKA SKOOGH
Jazz vocalist brings quartet to Ilminster *page 25*

BARNACLE BUOYS
Acapella sea shanties at Axmouth Church *page 26*

ROB HERON & THE TEA PAD ORCHESTRA
Western swing and gypsy jazz comes to Stockland *page 27*

Diary Dates

TUESDAY MARCH 22ND

SIDMOUTH: All Saints Tea Dance for Childrens Hospice SouthWest, 2.30pm. Every fourth Tuesday of the month. 01395 577122

HONITON: Hospiscare Bargain Sale, 9am-12noon. Mackarness Hall. Homemade refreshments served

AXMINSTER: Colourful Cooking with HALFF (Health and Local Food for Families). 10.30am-12.30pm. Free cooking demo, advice and support on eating healthily for those living with cancer or caring for someone who is. Project funded and supported by We are Macmillan Cancer Support. At the HALFF Food Hub, Elmore House, South Street, Axminster, Devon, EX13 5AD. No need to book, Just turn up, it's free. Call Laura on 01297 631782 for more information or email laura@halff.org.uk.

WEDNESDAY MARCH 23TH

AXMINSTER: Knit & Sew social every Wednesday at the Lamb Inn, 7.30pm. Just bring your knitting/ sewing/ crochet/ craft project and come and be with like minded people. (no machines please). Free.

KILMINGTON: Devon wildlife Trust-East Devon Branch have a talk by Adrian Bayley-'Small Mammals in Devon'. 7.30pm-9.30pm at Kilmington Village hall, near Axminster. Suggested donation £4 . Tel 01297 23822.

UPLYME: Uplyme and Lyme Regis Horticultural Society meeting. Talk on 'Soft Fruit, Pests and Diseases' by Robert Cook of the Farming Advice Service. Tea/coffee and biscuits available before and after the talk. Talk from 7.30pm at Uplyme Village Hall. Free to members, £3 for visitors. The strawberry plants to grow on for the Summer Show will be available at this meeting.

THURSDAY MARCH 24TH

AXMINSTER: A complete guide to Home sewing. Every Thursday 7pm-9pm at the Old Court Rooms. £15 per session. limited spaces advance booking required. Email thesewingroom@outlook.com for more info.

SIDMOUTH: Market in St John's building, Blacmore Drive. 9-3pm. Variety of stalls, hot and cold food, refreshments available. Free entry.

SEATON: Greg's Music Makers, 10am at St Gregory's Church Centre, Colyford Road. Every Thursday, during Term-time, between 10am and 11am, we offer music and activities for youngsters, including babies up to 4 years old. Come along with youyoung one(s) and enjoy. Free entry with donations invited. Refreshments available.

THURSDAY MARCH 24TH

CHARDSTOCK: Chardstock Bowling Club Ladies, 8.30am and 12noon. Combined coffee morning and sale in Church Rooms.

SEATON: Seaton Beer and District Branch of RNLI Easter Bingo at Winstons Bar & Restaurant, Harbour Road. Doors 6.45pm, eyes down 7.30pm. Cash prizes for all games. Bumper easter draw. All welcome. For more details call 01297 23040.

SIDMOUTH: Devon Youth Folk Choir and East Devon Adult Folk Choir perform Spring Songs and More. At Sidholme Music Room, Elysian Fields. 7.30pm. Leader Sarah Owen, Wren Music Trust. Retiring collection for Restoration Fund.

FRIDAY MARCH 25TH

CREWKERNE: Sequence dancing at the Victoria Hall from 1.45pm to 4pm.Tea and Biscuits. Raffle. £2 per person. More details call 01935 415520 or 01308 862866

TATWORTH: Film: 'A Walk in the Woods' (cert 15). At Tatworth Memorial Hall. Doors 7.15pm, film 8pm. Organised by T&F Movies. For more details call 01460 220198.

AXMINSTER: Axminster Heritage Centre and Museum opens. Come and explore the history of Axminster in Thomas Whitty's original carpet factory, recently renovated and opening for the season. Admission Free Open: Tue-Fri 10am-4pm Sat 10am-1pm Closed Sundays. Silver Street EX13 5AH

SATURDAY MARCH 26TH

SOUTH PETHERTON: Band of Brothers, Wise Intentions, playing punchy rock & pop covers alongside originals at: South Petherton Sports & Social Club, Market Square, South Petherton, 9pm onwards. Free entry! Please contact 07749295438 for more details

AXMOUTH: Jumble Sale at the village hall. Tombola, cake stall, raffle, books, bric-a-brac. Nearly new, duck race, bottle bag, lucky dip, new items, morning coffee, light lunches, cream teas. 10am-5pm. Entry 30p. In aid of Alzheimers Society. For more details call 01297 20898.

HONITON: Craft and Table Top Sale. At the Three Tuns, High Street. From 10am. Organised by Bizzy Fingers Craft Group in aid of 'Force' Cancer Charity. For more details call 01297 21508.

SEATON: Easter Fair at St Gregory's Church Centre, 10am-12noon. Come along and enjoy the stalls offering beautiful local crafts, activities and refreshments. Children - come and have fun hunting for Easter eggs and making an Easter Garden. Free entry.

SUNDAY MARCH 27TH

HONITON: Short Mat Bowls. 9.30am weekly. Teaching and playing. Newcomers welcome. At LED Leisure Centre, School Lane (EX14 1QW). For more details call 01404 42325

SIDMOUTH: Jazz in the afternoon at Kennaway House Cellar Bar. The Reeds 'N' Rhythm - featuring Pete Allen, James Clemas, Richie Bryant and Dave Hanratty, with special guests John Hillito (trumpet) & Hilda Clemas (vocalist). 3-5.30pm (doors 2pm). Licensed bar, light snacks avaialble, £12.50 each.

SUNDAY MARCH 27TH & MONDAY MARCH 28TH

AXMOUTH: St Michael's Church. Afternoon teas served in the Church amidst our Easter flowers. 2.30 to 4.30pm. All welcome. Friends of Axmouth Church.

MONDAY MARCH 28TH

SEATON: Craft & Table Top Sale at Winstons, Harbour Road, from 10.30am. Organised by Bizzy Fingers Craft Group in aid of "Force" Cancer Charity Tel: 01297 21508 for more details.

STOCKLAND: Stockland Church Annual Brunch and Coffee Morning, 10am-12noon. Full English breakfast, followed by a footpath walk. All welcome.

SIDMOUTH: Coffee morning at St. Francis Church, Woolbrook from 10 to 11.30 a.m. Stalls include Home Made Cakes, Raffle, Books, Bric a Brac. Large Car park. In aid of Church Funds.

DONYATT: Ploughmans Lunch at Donyatt Village Hall. 12-2pm. £8 for 2 course lunch and coffee. Also raffle and name the easter duck.

TUESDAY MARCH 29TH

CREWKERNE: Computer Group – Questions answered and help provided. At Henhayes Centre. 10am to 12 noon

CREWKERNE: Tuesday Welcome Groupat Henhayes Centre. £1 per session. For people 70/80+ who like to meet other people and enjoy a few activities like painting, pottery, music, quizzes and occasional bingo. Transport can be arranged and a cooked meal can be purchased from £3.50. Take-away meals are available.

WEDNESDAY MARCH 30TH

AXMINSTER: Knit & Sew social every Wednesday at the Lamb Inn, 7.30pm. Just bring your knitting/ sewing/ crochet/ craft project and come and be with like minded people. (no machines please). Free.

SEATON: Talk (Tony Burges) 'The Jurassic Coast & its Hinterland' Seaton Men's Probus, Methodist Church Hall, Scalwell Lane, Seaton.

SEATON: Devon Senior Voice - Seaton Area. The next meeting at Seaton Methodist Church Hall between 2pm and 4pm. There will be a speaker from the Seaton Visually impaired Group - Terry Grimsley or John Barrington-Rowle (possibly both). Refreshments will be provided. For any further information about the meeting or Devon Senior Voice please call 01297 21788

CREWKERNE: Bingo – Cash prizes – "eyes down" at 2.30pm at Henhayes Centre.

COLYTON: Pudding Evening at Colyton Town Hall, 6.30pm. Come along after your evening meal and enjoy a homemade pudding and hot drink. £5 per person. To buy tickets or for more details call 01297 20741. Quizzes, draw prizes and competitions. In aid of Force Cancer Charity.

WEDNESDAY MARCH 30TH - SATURDAY APRIL 2ND

NORTHLEIGH: The Valley Troupers are proud to present 'On a Bicycle Made for Two' an evening of music and memories. In Northleigh Village Hall. Starting 7.30pm. Tickets £8.50 each from 01404 871516.

THURSDAY MARCH 31ST

AXMINSTER: A complete guide to Home sewing. Every Thursday 7pm-9pm at the Old Court Rooms. £15 per session. limited spaces advance booking required. Email thesewingroom@outlook.com for more info.

SIDMOUTH: Market in St John's building, Blacmore Drive. 9-4pm. Variety of stalls, hot and cold food, refreshments available. Free entry.

CREWKERNE: Over 50s Keep Fit – 10am to 11am at Henhayes Centre. £2.50 for members/ £3.50 for non- members

FRIDAY APRIL 1ST

CREWKERNE: Sequence dancing at the Victoria Hall from 1.45pm to 4pm.Tea and Biscuits. Raffle. £2 per person. More details call 01935 415520 or 01308 862866

SATURDAY APRIL 2ND

MERRIOTT: Merriotts monthly market from 10am until 1pm at Merriott social club in aid of Merriott brownies group.

SUNDAY APRIL 3RD

HONITON: Short Mat Bowls. 9.30am weekly. Teaching and playing. Newcomers welcome. At LED Leisure Centre, School Lane (EX14 1QW). For more details call 01404 42325

More Diary Dates on page 26

Deadline is Friday 4pm for the following Tuesday's publication. Please ensure dates are included for all listings - weekly listings without dates may not be published.

Relax at Ratty's Tearoom

LOWER Bruckland Nature Reserve is an area of natural beauty situated just off the A3052 near Boshill Cross, Musbury, near Axminster, Seaton and Lyme Regis, on the border of East Devon and Dorset. It commands striking views over the beautiful Axe Valley. Its accessibility, and the shelter afforded by the brimming hedgerows around also ensures that time spent on the grounds will be in peaceful and pleasant surroundings, making the site ideal for artists and photographers, walkers, and people with an interest in nature and wildlife.

There are also a number of landscaped lakes, which at the same time are an important home to a plethora of species, all varied in size and aspect and quite distinct owing to the flowing, interesting contours of the land. The lakeside cafe serves morning coffee and afternoon teas.

We specialise in cream teas and locally made ice creams – perfect for those pleasent spring days.

We are open on Bank Holiday Monday. Opening times may vary in very wet weather—to check please call Jo on 07596 715203.

Ratty's Tearooms
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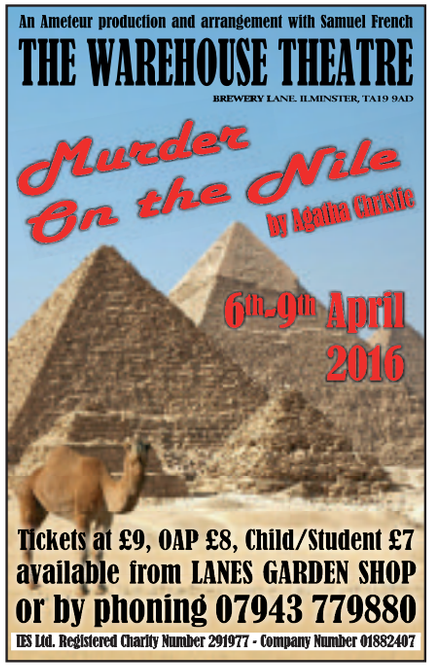

The Henhayes Community Centre in Crewkerne

Open to all 5 days a week
for lunch, tea or coffee 9am to 4.30pm
and Saturday mornings
for coffee or tea and cakes
from 10am to 12 noon
Licensed premises
The Centre can also be hired

LOOK WHAT'S ON

In April become a
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DAVE NEWTON TRIO + THE THREE TENORS
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Tickets £18 (pre-show supper £13 at 7pm, booked in advance) Three of the UK's best tenor sax players.

ANNIKA SKOOGH QUARTET
Friday 8 April 8pm
Tickets £16 (pre-show supper £13 at 7pm, booked in advance) Sublime jazz vocals, with special guest, saxophonist Ben Waghorn.

Box Office: 01460 54973
www.themeetinghouse.org.uk
info@themeetinghouse.org.uk
East Street, Ilminster, Somerset. TA19 0AN.
Open Mon-Fri 9.30-4.30, Sat 9.30-2.30.

Annika brings unique jazz sound to Ilminster Arts Centre

Annika Skoogh

Ilminster Art Centre's latest concert is a dinner date you won't want to miss out on. Annika Skoogh is a jazz vocalist whose sweet and soulful voice has a distinctive, dynamic sound that perfectly suits the repertoire of original songs and timeless jazz classics that she will be performing at Ilminster Arts Centre on Friday, April 8th.

Annika is well known for her adventurous exploration of jazz and latin music, through alternative time signatures, re-harmonisations and modern aesthetic. South American born, Swedish raised, Exeter based, multi-linguist Annika adds another dimension to her performances by sometimes singing jazz songs in different languages. Annika has performed all over the south-west, including gigs at the Bristol Harbour Festival, St Ives Jazz Club, Plymouth Barbican International Jazz & Blues Festival, Bude Jazz Festival, and Plymouth Jazz Club.

For this performance Annika's quartet will be joined by talented tenor saxophonist Ben Waghorn. Ben has been playing in jazz bands since the tender age of 14, and this one time member of the National Youth Jazz Orchestra, has since played with musicians and bands such as Kasabian, Portishead, and Goldfrapp. An indication of his versatility as a musician, Ben's theatre work in London's West End includes 'West Side Story', 'Fosse' and 'Chicago'.

This concert promises to be an extremely enjoyable evening – why not make a real evening of it and book a table for delicious, home-cooked, pre-concert supper in the Gallery Café at 7pm? Friday nights don't come better than this!

Annika Skoogh Quartet with Ben Waghorn play at Ilminster Arts Centre from 8pm. Tickets are £16 (pre-show supper £13 at 7pm, booked in advance). For more details call 01460 54973.

Stompin' Dave & his Bluegrass Band at The David Hall

STOMPIN' DAVE and his Bluegrass Band makes it debut at The David Hall on Friday 8th April., 8pm. The band features "One of the world's greatest performers" according to Maverick in the shape of Stompin' Dave Allen. Dave who performs on vocals, five-string banjo, guitar, flat-foot dancing, etc. has worked exclusively as a musician for over fifteen years. Dave has performed across the UK and beyond. A former member of former UK blues band of the year The Producers, Dave year nominated for a British Blues Award in 2015. Winner of the FOAOTMAD old-time banjo competition 2011 and 2013.

Having begun in 2013 Stompin' Dave & His Bluegrass Band, has already made headline appearances at National Banjo Day in London, and the Tolpuddle Martys Festival, had sell out shows at some of London's hippest folk venues and performed at major events such as Glastonbury, Bestival, and Camp Bestival, as well as appearing at The Queen Elizabeth Olympic Park .

Dave is ably supported by a trio of musicians from top London hoedown bands Cut A Shine and Kidnap Alice, forming what has been described as a bluegrass super group. Led by Hackney based Joe Buirski on double bass, guitar, and banjo, who is not only a great musician but a dedicated promoter of folk and roots music. Joe was founder member of The Magpie's Nest, BBC Folk Club of 2010. In addition is the amazing talent of Jerry Bloom on fiddle, undoubtedly one of the capitals finest fiddle players and also the ever ebullient Ally McAuley on guitar and backing vocals. All three were lead members in the Fire in the Mountain Festival team who received award for "Best New Festival on the Block" at the Association for Independent Festivals Congress 2014.

Stompin' Dave and His Bluegrass band plays classic bluegrass and hillbilly material so expect exciting interpretations of music by artists such as Lester Flatt and Earl Scruggs, Bill Monroe, The Stanley Brothers, Reno and Smiley, and Grandpa Jones. "Stompin' Dave's is a master of all kinds of American roots music ranging from bluegrass to blues guitar, with a nice line in self-deprecating patter between numbers. He's partial to showbiz gimmicks, juggling with his banjo and playing his guitar behind his head like Hendrix, but there is great sincerity and feeling in his performance, too... a formidable musician and a true original." The Daily Telegraph.

Tickets are £12 in advance £14 on the door. Buy tickets online at www.thedavidhall.org.uk or by calling 01460 240340. The box office is open Wednesday and Friday 11am-1.30pm.

Psychic Vibration on the Medium Wave

Don's miss this emotional rollercoaster ride of an evening – a night to remember

EX-HAIRDRESSER Steve Holbrook, regarded by many as one of the UK's top Clairvoyant Mediums, is visiting locally very shortly, and he explains how he hears the voices of our loved ones that have passed away. His ability started from behind the salon chair, and he now visits Theatres and Hotels around the country, and as far as the Caribbean, demonstrating his unique ability to act as a telephone exchange between this world and the Spirit world.

Steve says that he was always aware from being a child that life existed beyond the grave, when he awoke to find five soldiers marching through his bedroom, but could only see the top half of them floating through the room. "This was very un-nerving experience but it was to give me an early glimpse of what was to come, and now it's as natural as breathing to me"

Steve started work in Leeds city centre in a busy hairdressing salon, and feels that the years he spent behind the chair, having that personal contact with the customers, stimulated this rare, yet natural ability to hear the voices of spirits. People used to come in and book for their hair cut, and often got more than they bargained for when he passed on a message from their loved one. Steve was always the busiest stylist, and had a 6 week waiting list if people didn't re-book immediately, and says "I often wonder if they kept coming back for my ability as a hair stylist, or the possibility that they might receive a message from a relative who had passed away!"

He now gives messages of re-assurance to people who have lost their loved ones, and by communicating with them, helps them understand that life continues, just simply in a different dimension. One lady's mum came through to her in one of Steves messages, and said to the daughter "don't forget the brown Prada handbag on Friday". The lady replied "I'm putting it in my mums coffin on Friday, she only died 5 days ago". Who would know this information?

One of Steve's best friends is the multi-talented Jane MacDonald, singer and co-presenter on ITV's Loose Women. Steve met Jane in a Spiritualist Church many years ago, and predicted she would be on BBC TV as part of a cruise entertainment documentary. She didn't believe it, but the year after it came true, and she was the star of The Cruise, the first docu-soap, and she had the biggest selling debut album of all time. She has dedicated her auto-biography to Steve, calling him her inspiration and guru, and can't thank him enough for being there when she needs guidance.

Steve has three books out, 'Light in the Darkness', 'Out of this World', and 'Survival', and these all offer a true insight into the day-to-day life of a working medium, Steves beliefs on many areas of Spiritualism, and a great background in to Steves life.

Steve has raised tens of thousands of pounds for charities over the years, £50000 for his local hospice in Wakefield, £5000 for MacMillan Support, and most recently our current total for PACT – a charity that helps terminally ill children and their parents across the country – is almost £21000. He is dedicated to raising funds and awareness for this charity.

Diary Dates

MONDAY APRIL 4TH

AXMINSTER: Carnival Bingo at the Guildhall. Doors open 7pm, eyes down 8pm.

SEAVINGTON: Seavington Gardening Club meeting. Janet Merillon talking on 'The Scented Garden'. In the Millennium Hall, 7.30pm. Visitors are welcome. For more details call 01460 249728.

TUESDAY APRIL 5TH

AXMINSTER: Axminster Probus Club for retired and semi-retired business and professional men meets at 10.00 for 10.30am in a private room at the A35 Pit Stop, Gammons Hill, Kilmington for a talk by Sue Virgin on 'The Home Front' and an optional lunch. For further details ring 01460 220528.

CREWKERNE: Tuesday Welcome Group at Henhayes Centre. £1 per session. For people 70/80+ who like to meet other people and enjoy a few activities like painting, pottery, music, quizzes and occasional bingo. Transport can be arranged and a cooked meal can be purchased from £3.50. Take-away meals are available.

CREWKERNE: Computer Group at Henhayes Centre – Questions answered and help provided. 10am to 12 noon

WEDNESDAY APRIL 6TH

SEATON: Jurassic Folk and Jam Club at Eyre Court, 2 Queen Street, 8-10.30pm. Music and song for all to enjoy. Free admission for musicians, singers and spectators. For more details call 01404 46451 or 549903, or visit www.jurassicfolkandjam.com

KILMINGTON: Film: 'The Lady In The Van' (12a) Moviola screening at the village hall (Whitford Road). Doors and bar (wine and soft drinks) 6.45pm, film 7.15pm. Tickets £5 in advance from Hurfords Store, or £5.50 at the door. For more details call 01297 32335.

COLYTON: Colyton, Colyford and District Memory Café 2 - 4 p.m. St John Hall King Street Colyton There is some parking available and a small drop off point. Colyton Garden Shop will be coming along to talk about spring flowers and she might also have a little surprise for us! So, if you a friend or a loved one is experiencing memory loss or have been diagnosed with Dementia why not come to one of our Memory Cafes and enjoy a relaxing, safe and enjoyable afternoon. For more information please ring Diane on 01297 680442.

CLAPTON: Clapton & Wayford Village Hall - sew, knit & natter, 10.30am, all welcome; details from 01460 72837.

CREWKERNE: Bingo – Cash prizes – "eyes down" at 2.30pm at Henhayes Centre.

THURSDAY APRIL 7TH

SIDMOUTH: Market in St John's building, Blackmore Drive. 9-4pm. Variety of stalls, hot and cold food, refreshments available. Free entry.

CHARD: Chard Royal Naval Association. Chard Royal Naval Association will be holding their monthly social meeting at 7.30pm in the Conservative club Chard. The evening will be run by member John Cope who will be entertaining the group to his 'Alternative Quiz night!' Any person wishing to attend on the night with a view to joining the association will be made most welcome. Any queries contact secretary Mr Gary Pennells on 01456 77978 or chairman Paula Moon 01460 929041.

CREWKERNE: Over 50s Keep Fit at Henhayes Centre – 10am to 11am. £2.50 for members/ £3.50 for non- members

FRIDAY APRIL 8TH

CREWKERNE: Sequence dancing at the Victoria Hall from 1.45pm to 4pm.Tea and Biscuits. Raffle. £2 per person. More details call 01935 415520 or 01308 862866

CLAPTON: Clapton & Wayford Village Hall – 'Food on Friday', mid-day for 12.30pm start. All ages are welcome; very friendly atmosphere and good food. Please book in advance by phoning 01460 77057. Further details also available on the same number.

SATURDAY APRIL 9TH

HINTON ST GEORGE: 'Flix in the Stix' presents 'The Lady In The Van' (12A), in the Hinton Village Hall at 7.30 pm. Tickets £5 in advance from the Village Shop and Dorothy's Tea Room, or £5.50p on the door. To reserve Tickets please contact Bob Kefford on 01460 72563.

BEER: Wurlitzer Theatre Organ Show - Byron Jones returns to entertain at the Congregational Church, Fore Street, Beer. The show starts at 2pm, admission is £7 at the door, children under 16 free, everyone welcome. For further info visit www.beerwurlitzer.org.uk or phone 01297 24892.

CLAPTON: Clapton & Wayford Village Hall – The Rivertones Harmony Chorus, 7.30pm; all welcome. Please book in advance on 01460 75313 / 74849: £10 includes Ploughman's supper. Licensed Bar, Raffle.

SUNDAY APRIL 10TH

HONITON: Short Mat Bowls. 9.30am weekly. Teaching and playing. Newcomers welcome. At LED Leisure Centre, School Lane (EX14 1QW). For more details call 01404 42325

MONDAY APRIL 11TH

WINSHAM: Winsham Art Club meeting at the Jubilee Hall, 2-4pm. With Aviva Halter-Hurn, pottery session. New members very welcome. For more information contact Barbara White 01460 30835.

HONITON: Honiton Art Society Meeting. Demonstration by Rebecca de Mendonca, Figures in Pastel, at Awliscombe. Village Hall, 2 to 4pm. Visitors £2 Visitors and new members always very welcome.

TUESDAY APRIL 12TH

SIDMOUTH: St Francis Tea Dance for Childrens Hospice South West. 2.30pm. 2nd Tuesday of the month. 01395 577122.

AXMINSTER: Cooking For One Demo with HALFF (Health and Local Food for Families), 11am-1pm. Free healthy cooking demonstrations giving hints and ideas for cooking for one and covering nutritional advice for type 2 diabetes, heart disease and high blood pressure. At the HALFF Food Hub, South Street, Axminster. No need to book, just turn up, it's free. Call Laura on 01297 631782 for more information or email laura@halff.org.uk.

UPLYME: Uplyme and Lyme Regis Horticultural Society coach outing to Knightshayes, a National Trust property near Tiverton. Book now to secure your place - NT members £8.50, non-members £16 - non-members of ULRHS pay £3 extra. Book with Jenny Harding on 01297 444034.

WEDNESDAY APRIL 13TH

SEATON: Talk by David Morgan "The History of Rover from Bicycles and Motor Cars to the Jet Engine". At Seaton Men's Probus, Methodist Church Hall, Scalwell Lane, Seaton, 10am.

COLYFORD: Axe Valley Centre, National Trust, illustrated talk by John Dare, Master Stonemason entitled 'From Beer to Brisbane'. Colyford Memorial Hall, 2.30pm, non member welcome, £2.00 including refreshments.

THURSDAY APRIL 14TH

SIDMOUTH: Market in St John's building, Blacmore Drive. 9-4pm. Variety of stalls, hot and cold food, refreshments available. Free entry.

AXMINSTER: Axminster Health and Wellbeing Centre Pamper Night. Come for drinks and nibbles and a complementary therapy treatment. Green tickets - £5 - this includes admission, a drink and nibbles. Gold tickets - £15 - this includes a drink, nibbles and a one to one complementary therapy session. Call 01297 32331 to find our more about the treatments and to book your tickets. Booking is essential. www.axminsterwellbeing.com

FRIDAY APRIL 15TH

CREWKERNE: Sequence dancing at the Victoria Hall from 1.45pm to 4pm.Tea and Biscuits. Raffle. £2 per person. More details call 01935 415520 or 01308 862866

SATURDAY APRIL 16TH

CHARD: 'Glorious Spring - in all its seasonal shades' Weekend Dancing with Dancing Duo Henry & Jeannie. At Chard Guildhall, 8—11pm. Free parking after 6pm in Council car park (Not Lidls). Pay on the door, £6.

HORTON: Ile Valley Flower Club Charity Quiz Night with Ploughmans Supper. At Horton Village Hall. £6 per person, teams of four. Prizes for the winners and runner up. For more details call 01460 75025 67149 or 01823 480017.

HORTON: The Ile Valley Flower Club are holding a Quiz Night with a sandwich supper at Horton Village Hall. £5 per person bring your own drinks, coffee available to purchase. Teams of four. In aid of the Dorset and Somerset Air Ambulance. Please book in advance on 01460 75025/67149/01823 480017. All Welcome. Prizes for winners and runner up. Raffle.

COLYTON: Colyton, Colyford and District Memory Café 20 mile sponsored walk to raise funds for our Memory Cafe. Memory Cafe volunteers will be walking through Colyton's surrounding villages in the hope of encouraging many others to visit our Memory café and enjoy all the things which we have to offer. Please look out for sponsorship forms in the Little Shop, Spar (Colyton) and Colyford Post Office. So if you a friend or a loved one is experiencing memory loss or have been diagnosed with Dementia why not come to one of our Memory Cafes and enjoy a relaxing, safe and enjoyable afternoon. 1st Wednesday of every month 2 - 4 p.m. St John Hall King Street Colyton.For more information please ring Diane on 01297 680442.

SEATON: Friends of St Gregory's Parish Church present an organ recital by Scott Angell, 2pm, at St Gregory's Parish Church, Colyford Road. Free entry, donations welcome for the maintenance of the church organ. Refreshments available. For more details call 01297 23656.

SEATON: Royal British Legion Talbe Sale at the Methodist Church Hall. 9.15am-12.30pm. Donation entry. Ample free parking. Tea/coffee. Warm welcome. For more details call 01297 624313.

SUNDAY APRIL 17TH

SIDMOUTH: ShelterBox Tea Dance at Stowford Centre. 2.30pm. Ballroom & Sequence dancing hosted by Jean and David (01395 579856). £3 per dancer, licensed cafe open for light refreshments.

The Barnacle Buoys in concert

THE Friends of Axmouth Church are proud to present The Barnacle Buoys from North Somerset in concert in St Michaels Church, Axmouth, on Saturday, April 2nd.

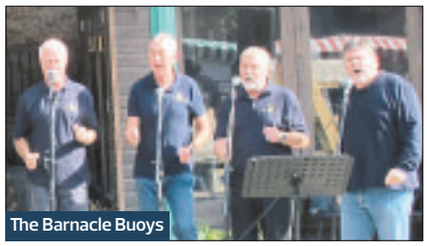
The Barnies first got together at The Old Inn in Clevedon in 2013 drawn by their love of singing sea shanties acapella. Since then they have become extremely well known around the West Country and last year they performed at over 40 events including The Falmouth Sea Shanty Festival, The Bristol Folk Festival, Bristol "Severn" Seas Shanty Festival and the renowned Watchet Music Festival. Their obvious love of singing encompasses their audiences and takes them on a journey, they take turns on lead vocal and then they all heave together with songs of the sea.

Songs are very much in the old tradition with favourites such as "Whip Jamboree", "South Australia", "Johnny Comes Down The Hilo" and "John Kanakarnaka" taken from their new CD "Maiden Voyage", but they also intersperse new tunes such as "Sloop John B" and finish with a rousing "Drunken Sailor"

The group spend their time raising money for their chosen charities, primarily Children's Hospice South West and The RNLI and this they have done with great success thus far. The concert in Axmouth will be raising funds for The Childrens Hospice South West (and if anyone wants to see what fantastic work they do please visit their website) and also for The Friends of Axmouth Church who help fund necessary repairs on the beautiful old church.

The Barnacle Buoys play at St Michaels Church, Axmouth on Saturday, April 2nd at 7.30pm Tickets £10 adult and £5 children. Box Office 01297 23847

So why not join Maurice, Andy, Richard, Rod, Colin, Will, Big Andy and of course Jeff otherwise known as The Barnacle Buoys in Axmouth Church for what promises to be a special evening of song and fun.



The Barnacle Buoys

BUTTON UP!

DORSET buttons are the perfect way to jazz up a jacket or accessorise an outfit, as well as being a fascinating and authentic local craft. Come along and learn how to make your own bespoke Dorset button at a special ½ day workshop being held at Ilminster Arts Centre on Tuesday, April 5th.

This regional style of button has been associated with the county since the 17th-century, and historically there were all sorts of stylistic variations of the Dorset Button. On this course tutor Carol Cooke will show participants how to use threads, embroidery stitches and beads to create their own unique version.

All materials will be provided, but if you have some embroidery threads you would like to use, please bring them along. There will be a small charge for the resources used. Cost: £12

Places are limited. To book call the Arts Centre on 01460 54973.

MARINE THEATRE

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Sunday 10th April

12 noon-5pm

Vintage Ladies & Menswear, Antiques, Jewellery, Collectables & Homeware...

Plus Tea, Coffee, Cake & Live Music!

£1 ENTRY

Dave Newton Trio and the Three Tenors

TOP jazz pianist Dave Newton returns to Ilminster Arts Centre on Friday, March 25th for a much-anticipated concert which unites his keyboard talents with not one, not two, but three of the country's best saxophone players.

For UK legends Art Themen and Don Weller this is also a return visit, following their massive success at the Arts Centre two years ago, but this time they are bringing a different third member of their popular "Three Tenors" combo, Brandon Allen. All three are award winning musicians, and they work together superbly with styles heavily influenced by such greats as Sonny Rollins and Dexter Gordon.

This will be an evening of exciting modern jazz, played by six of the best musicians playing on the scene today.

The Dave Newton Trio with the Three Tenors play at Ilminster Arts Centre on Friday, March 25th at 8pm.

Tickets are £18 (pre-show supper £13, available at 7pm but must be pre-booked). For more details and to book call 01460 54973 or visit www.meetinghouse.org.uk

Don Weller

Western swing and gypsy jazz at a pop-up pub

ROB Heron & The Tea Pad Orchestra are set to play Stockland Village Hall, on Thursday, March 31st at 8pm with a Pop-Up Pub!

The band play their own brand of Western Swing, Blues, Gypsy Jazz and Country. Influenced by early 20th century American music, with the addition of "razor-sharp" solos, great arrangements and original songs; their music harks back to a golden age whilst staying perfectly modern. The songs are penned by Rob Heron, a crazy fool for country music and a full time dandy-cowboy.

His songs are full of character, satire, and good old fashion hollerin'!

Tickets £10 in advance or £12 on the door Book with Wendy on 01404 881207

Rob Heron & The Tea Pad Orchestra

The Colour and The Shape of The Foos

PITY THE FOO, the South West's premier Foo Fighters Tribute Band, will recreate Foo Fighters' awesome live sound and performance at Winstons, Seaton on Easter Saturday, March 26th.

You can expect to experience awesome high powered sets with all a true Foo Fighters fan's favourite songs including Learn To Fly, Monkey Wrench, Everlong, The Pretender, Something From Nothing, All My Life, Rope, Best Of You and plenty more.

Band leader Tod said: "This is the first time we have played down here, but we heard it's a great venue and are looking forward to putting on a show that everyone will enjoy and remember".

Winstons Manager Chris Oakes added: "We have managed another coup ,as these guys don't usually play small venues so we are really looking forward to the gig, we have already sold a quarter of the tickets so get yours soon."

Tickets are £10 in advance, or £13 on the door, available from Winstons on 01297 20494, Beer Village Stores 01297 21782, or Axe Music (Axminster) 01297 631609.

Pity The Foo
A Tribute to Foo Fighters
PF
www.pitythefoo.com
Tweet us #PityTheFooTwit
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at Winstons, Seaton - Saturday March 26th
All tickets priced £10.00 in advance or £13.00 on the door
Tickets available from
Winstons 01297 20494, Beer VIllage Stores 01297 21782
and Axe Music, Axminster 01297 631609

Don't Panic Mr Mainwaring!

Two fabulous films for the Easter weekend

THE Beehive launches its Nostalgic cinema this week as part of the Honiton Dementia Action Alliance. This dementia friendly cinema begins with the wonderful musical, 'Calamity Jane' starring Doris Day and Howard Keel, they're hoping that folk might feel the urge to dress up and stroll along for a great afternoon movie and meet in the cafe bar afterwards for a chat and free tea and biscuits.

Another film that will appeal to most is the new 'Dad's Army' at 3pm and 7.30pm on Easter Saturday. This has a stellar cast of great British actors including: Bill Nighy, Michael Gambon,Toby Jones, Tom Courtenay and Catherine Zeta-Jones.

There willalso be live 40s swing performed in the bar an hour before each of the Dad's Army films, by local musician Ken Herbert just to get folk in the mood!

To advertise in View 2
call 01297 446158

the beehive
Dowell St
Honiton
EX14 1LZ

NOSTALGIC CINEMA: CALAMITY JANE (U)
Thurs 24th Mar 2pm
Tickets: £3.50, Free tea and biscuits
Don your Cowgirl or Cowboy gear and come and join us for an afternoon of fun, music and singing at the Beehive Cinema for our special showing of 'Calaminty Jane' starring Doris Day and Howard Keel. (Dementia friendly)

DAD'S ARMY (PG)
Sat 26th Mar 3pm & 7.30pm
Adult £6.50 U16s £5.50
In the darkest days of the Second World War, when Britain stood alone and on the brink of defeat, Dad's Army was the country's last line of defence. Sadly, they weren't exactly the elite force that was probably needed...

Box office open 10 - 2 weekdays 10 - 12 Saturdays 1 hour before events

For all event details visit
www.beehivehoniton.co.uk
Beehive box office: 01404 384050

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in East Devon, West Dorset and South Somerset

West of England Laser Centre

Q. I HAVE a mole next to my nose which I have often thought about having removed. I am going on a cruise in August to celebrate my 50th wedding anniversary and wondered if I would be able to have the treatment before then?

A. Yes, you have plenty of time to have this treatment before your cruise. Initially you would need to come for a Consultation with our Surgeon on a Monday evening or a Wednesday afternoon at the Nuffield Hospital in Taunton. You can make an appointment by telephoning 01823 331773 or by emailing lasercentre@lineone.net. Following the consultation we can book you in for your treatment, usually within a couple of weeks, if you wish to go ahead.

Q. I have always wanted to have this done .. but always been a little nervous how painful is the treatment?

A. Please do not be nervous, this treatment is very painless and straight forward. Our Surgeon will inject a small amount of local anaesthetic into the area prior to treatment. The laser is very precise and targets only the mole itself and does not affect any of the surrounding skin. When the anaesthetic wears off you may feel a slight discomfort or stinging, this is fairly mild but if you do wish to take paracetamol this will help.

Q. During the cruise I will be exposed to the sun, will I still be able to do this following treatment?

A. We would always recommend using a high factor sun cream whenever you are exposed to the sun, especially on the treated area. You would need to wait 2 or 3 weeks for the skin to be fully healed before you go into the sun but the high factor sun cream will not only protect the more sensitive, treated area but will also help prevent further sun dam.

Janis Meeks

Axminster Clinic for Fine Lines & Wrinkles!

Axminster Health and Wellbeing Centre, Hanover House, Chard Street, EX13 5DZ

AXMINSTER clinic for fine lines and wrinkles was established in 1999. We are associates of the famous Knightsbridge clinic of Dr Rita Rakus. In addition to our various injectables and fillers, our Doctor has recently introduced some exciting new wrinkle reduction treatments in Axminster that have previously only been available in our Knightsbridge clinic. These include Pellevé, Sculptra, Aqualyx and our two exciting new additions Ulthera and Rejuvapen.

Ulthera is a non-surgical, non-invasive procedure for the face that lifts, tones and tightens loose skin. The treatment will gradually stimulate the growth of new collagen over time to strengthen and tone your skin from within with no downtime.

Rejuvapen is a new microneedling system for skin rejuvenation that can help repair deep skin damage without causing further scarring or discomfort. The skin will become firmer, pores smaller, pigmentation, texture and the overall condition of the skin improved.

Sculptra works differently from traditional fillers gradually reducing lines giving a fuller natural look that can last up to 24 months.

If you would like to learn more about our various treatments please visit our website anti-ageing-clinic.co.uk

We offer free consultations giving you the opportunity to discuss the various options available with no obligation. This is an opportunity to ask our Knightsbridge doctor any questions you may have regarding any of our treatments. Please call Janis on 01243 698823 or 07906 786246 if you would like an appointment.

Beauty Spot or Mole?

Some moles are more attractive than others, if yours is bothering you, why not have it quickly and painlessly removed by laser?

For further information regarding all our latest non-invasive cosmetic treatments contact:

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Sculptra

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Next Clinic Sunday 3rd April 2016

New

We are excited to introduce two new treatments to Axminster (previously only available in our Knightsbridge clinic)

Visit our website for more info
www.anti-ageing-clinic.co.uk

Ulthera

Ulthera is a non-surgical, non-invasive procedure for the face that lifts, tones and tightens loose skin. The treatment will gradually stimulate the growth of new collagen over time to strengthen and tone your skin from within with no downtime.

Ulthera

Rejuvapen

Rejuvapen is a new microneedling system for skin rejuvenation that can help repair deep skin damage. The skin will become firmer, pores smaller, pigmentation, texture and the overall condition of the skin improved.

Phone for an appointment
01243 698823 or 07906 786246

Axminster Health and Wellbeing Centre
Hanover House, Chard Street, Axminster EX13 5DZ

Precision Reflexologist - Sonya Gallantree

SONYA is a fully qualified Precision Reflexologist and has been practising in the Honiton area for seven years as well as being a member of the Association of Reflexologists and also The Federation of Precision Reflexology.

Reflexology is a non intrusive complementary therapy performed mainly on the feet. The treatment is a gentle massage and stimulation of the reflex points within the feet. Clients usually feel deeply relaxed or energised after a treatment. Reflexology may be used to help relieve stress, improve circulation, ease pain and menopausal symptoms. Reflexology helps the body to heal itself and restore balance.

Please call if you would like more information or to book an appointment.

Herbalist Health - Cheryl Reynolds

HAVING qualified with the National Institute of Medical Herbalists in 1988, Cheryl has been treating patients for 28 Years following a graduation from an accredited course, where students are trained in both medical and plant sciences.

Cheryl's decision to spend four years studying herbal medicine was initiated after being diagnosed with Rheumatoid Arthritis at the age of 21. "Spending 15 years on orthodox medicine didn't suit me, but with the help of herbal medicine I regained a life that has been worthwhile and has enabled me to play a part in others life's which has been both rewarding and extremely interesting".

Herbal Medicine can benefit patients of all ages, from infants to the elderly. Those already receiving treatment from their doctor may also be helped and are prescribed herbs, which do not adversely interact with other medication.

All members of the Institute are governed by a strict code of ethics and practice as well as being covered by professional indemnity and insurance.

Please use the contact details provided to discuss how herbal medicine can be as beneficial to you as it has been to Cheryl.

Herbalist Health
Cheryl Reynolds
Member of the National Institute of Medical Herbalists

Treatments for: Musculoskeletal, Respiratory, Cardiac, Gastrointestinal, Genitourinary, Gynaecological problems, and the Nervous System

Web: www.herbalisthealth.com Email: cheryl@herbalisthealth.com
Tel: 01297 443814 Mob: 07796 074 849

East Devon Physiotherapy

EAST DEVON PHYSIO was opened in Sidford by the Practice Principal Heather Martin in May 2000.

The general ethos within the practice has always been that the care and wellbeing of clients is of the utmost importance. This is achieved through the five practitioners constantly updating and increasing their professional skills and seeking communication with relevant health care professionals in the area when specialist's skills are seen to be required.

Physiotherapy is often thought to be largely involving massage and exercise and usually seen in the area of sports medicine but skills within the profession extend far beyond these parameters.

Physiotherapists at East Devon Physio are able to offer assistance to clients of all ages suffering from pain or disability after injury, overuse, surgery (both orthopaedic and general) as well as sports related issues and for many years have had a reputation for significant success in the treatment and rehabilitation of their clients.

All treatments are planned and based on information offered by the client during the initial consultation and findings thoroughly discussed with the client prior to treatment.

East Devon Physio also runs Modified Pilates classes locally in Sidford and Beer.

More information is available on the website or at the practice in Sidford.

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EAST DEVON PHYSIO
Sports & Rehabilitation Clinic

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Our Expertise includes:-

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Other services available are:-

Robert Gosling - Select Dental

Paddy Jones - Complementary Therapist

James Trewick - Personal Trainer

Address: East Devon Physio
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Tel / Fax: 01395 578656
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BEAT the blues with an immune boosting routine, yoga, massage, fresh air!
At The Garden Studios in Bridport Paul and Julia are offering a range of activities to guide you into a healthy spring! Ongoing neck and shoulder tensions are often a by- product of winter ailments and stresses, sometimes causing headaches and other physical ailments whilst emotional stresses often cause these physical problems! It's a roundabout to get off of.

Hatha yoga and meditation is accessible to everyone, gentle stretching, focus on breathing techniques and relaxation will encourage a healthier approach to day to day life, and will start to release long term tension. Work on computers and driving are 2 of the main reasons for upper body tension. Gentle moving stretches assists our overall well-being and the more you are able to move, the more you want to! Guided relaxation and meditation together with simple breathing methods start to provide tools to keep mind and body in a more comfortable state, improving our immune system and defences against infection. Paul offers yoga classes, 2mornings, 2 afternoons and 2 evenings throughout the week, classes are drop-in although most find a favourite, with small groups of 8 and individual attention.

Massage, aromatherapy and reflexology treatments can also be a great support, Julia uses essential oils to support specific conditions, physical or emotional utilizing base carrier oils blended to nourish the skin, feeding the body through the skin! Reflexology works on every body system every treatment and is a perfect body maintenance programme, whilst invaluable for deep relaxation and creating balance within., it's also a very helpful and supportive therapy for many conditions and throughout pregnancy.

The Tripudio Movement DVD now available, (£12) is perfect for a short daily home practice. The Flow sequence is taught in detail, followed by the sequence in 3 separate sections to flow along with. This short flow sequence will assist your lymphatic system, provide daily stretch and mobilizations and leave you feeling relaxed and uplifted. This 8 minute sequence is perfect for an everyday activity and requires little space. With a focus on releasing tension in the upper body it is perfect for neck and shoulder tension, repetitive strain injury or situations of poor mobility too – anyone can do it!

As the weather improves new Nordic Walking training sessions and health walks will be starting. If interested send an email and keep updated. Nordic walking uses poles provides a full body workout with minimum stress, working out shoulders and arms as well. A full body workout to get us out for the spring. Contact Paul and Julia on 01308 538112 info@gardenstudiosbridport.co.uk www.gardenstudiosbridport

TIP: yawn regularly with a big arm stretch, opens your lungs and works out your neck and shoulders!

Confidential Hypnotherapy Susan Gale

Change for the better with Hypnotherapy

FEELING bad? Feeling trapped by unwanted habits, anxieties or old hurts? With the right help, your mind can set you free. And much more easily than you might have thought possible.

You probably already know how powerful your subconscious mind can be when it's repeating old habits even though you don't want it to. So imagine that much power working for you in a good way instead.

Susan Gale uses Hypnotherapy to help you break out of the rut and change old negatives to new positives.

She takes a very practical, down to earth approach. And her long experience means she can tailor the therapy to your particular needs so you get better sooner.

Don't "learn to live with it" – learn to live without it. Make the most of yourself. Make the most of your life.

Susan has been working as a hypnotherapist since 1989 and has helped many people clear many different problems. Her experience can help you break free. She is now seeing clients at the Aquae Sulis Centre on Damers Road, Dorchester. Take a look at her website www.beltain.co.uk or phone her on 07486 393047 to see how she could help you.

Susan Gale
MINT, SQHP, GHR, Regd Est'd 1989
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By Abi Jackson, Press Association

5 reasons to eat more eggs!

Planning to indulge in a few foil-wrapped goodies over Easter? Enjoy - life is too short to deny yourself those indulgent little pleasures - but while we're on the topic, let's take a moment to appreciate the cracking nutritional credentials of real eggs too.
When it comes to all-round healthiness, you really can't beat an egg (sorry!). Cheap, quick and easy, and they go with everything, they are quite simply egg-cellent, and you might be surprised to know just how egg-ceptional they are on the good-for-you front.
Here are five reasons to dip into more eggs...

EGG-STRA NUTRITIONAL

The term 'superfood' might seem like a modern marketing ploy, but it's a label that the humble egg - something we've had in our pantries and been eating by the basket-load for forever with little fanfare - is arguably quite deserving of.
"Eggs are a really nutritious food, providing an excellent range of micronutrients. As well as being rich in vitamin D, essential for normal bones and teeth and for both muscle and immune system function, they are also a good source of DHA - one of the omega 3 fatty acids - that contributes to normal brain and eye function," says Dr Juliet Gray, registered nutritionist and advisor to the British Egg Information Service (www.egginfo.co.uk). "Eggs are also rich in selenium, important for hair and nails, the immune system, and thyroid function. On top of this, they contain more than 100% of the RI [reference intake, formerly RDA] for vitamin B12, which we need for red blood cell function, and also vitamin A, vitamin B2, folate, biotin, pantothenic acid, iodine and phosphorus. All those nutrients in just one single food!"

▲ PA Photo/thinkstockphotos

PACKED FULL OF PROTEIN

There's been growing emphasis on packing plenty of protein into our diets recently. As well as being useful for weight management, protein's role in muscle growth and repair has helped up its popularity, as more and more of us get serious about our fitness regimes. "Whether you're a gym-goer, or just trying to eat healthily, the humble egg is an awesome food to include in your diet," says Charlie Turner, co-founder of Neat Nutrition (www.neat-nutrition.com). "Poached eggs and avocado is one of my staples; high in protein and nutrients, quick and easy to cook, and budget-friendly too. Eggs contain all the essential amino acids which your body needs when refuelling after a workout and their high protein content helps to keep you satiated all morning."

BRILLIANT BREAKFASTS

When Robson, nutritionist and co-author of The Detox Kitchen Bible, teamed up with Giraffe restaurants (www.giraffe.net) to share his three golden rules on eating for maximum health and happiness, he instantly knew what his first tip would be: "Start the day with an egg!"
"Research has shown that people who eat eggs at breakfast eat less across the rest of the day compared to those who opt for grain-based cereals, as eggs help keep you feeling fuller for longer," explains Hobson. They also pair extremely well with other health-boosters, to supercharge your breakfast even more. "Most of us don't get enough oily fish, so adding smoked salmon will boost those heart health omega 3 levels, and your intake of vitamin D, which many of us lack." Serve on a bed of spinach or slice of granary toast for extra vitamins and fibre.

SUPER SNACKS

One medium-sized egg contains around 65 calories, which makes them a fantastic choice as a healthy low-calorie snack. For context, that's less than a single portion of most types of fruit - which isn't to say you should ditch fruit in favour of eggs, but if you're looking for low-calorie snack inspiration, why not add a hard-boiled egg to your daily graze armoury? Not only will an egg leave you feeling far more satisfied - therefore keeping hunger pangs at bay - than say a packet of crisps (usually 100kcals upwards, depending on the brand) or single digestive biscuit (around 71kcals), they'll also really count in those healthy-eating efforts, thanks to their super-charged nutritional content.

WORK WONDERS FOR SKIN

We're often told that the quality of our diets is displayed in our complexions, and eggs rack up cracking scores in the skin-enhancing stakes. "Eggs contain vitamin A, which helps the process of cell development - especially the development of new skin cells. This is why vitamin A is often included in beauty products," explains Shona Wilkinson, head nutritionist at natural health retailer NutriCentre (www.nutricentre.com). "They also contain the antioxidants selenium, which helps prevent free radical damage, which is part of the aging process, and lutein and zeaxanthin, which help protect the skin against UV damage that leads to brown spots and wrinkles. They are great sources of amino acids which help with generation of new cells."

▲ PA Photo/thinkstockphotos

Axe Valley Counciling Anne Roberts

Relationships: Spring is sprung - is love in the air?

SO, is your relationship full of energy and enthusiasm? Are you looking forward to sharing a renewed sense of love and moving forward together? Or does the sight of couples 'in love' just increase your sense of being jaded - worn out by cares, endless responsibilities and a winter of discontent?

Unless you have reached a point of no return, there is usually an opportunity to change tack and bring new life into your relationship. Maybe you, personally, need to put your life in order, gain a sense of direction and change those behaviours or feelings that aren't helpful. Or perhaps you both, as a couple, would like to regain a renewed sense of pleasure in, and enjoyment of your relationship.

Counselling can help get your personal issues or your relationship back into perspective, and sort out what can and can't be changed. Leaving it too late reduces your options as the willingness, energy and investment runs out. Getting help in time can transform your relationship and, at least, clarify your choices.

If you would like help to make changes, contact me, Anne Roberts, Counselling South West, on t: 01297 301035 m: 07887 961954 email: info@couplecounsellor.co.uk: www.couplecounsellor.co.uk

Rose Osteopaths

ROSE Osteopaths is based in the Honiton Dental Centre and provides Osteopathic treatment to patients of all ages. We pride ourselves on the high level of patient care we offer and our patient centred approach to treatment.

Osteopath Alexandra Williams (BSc OST MED, BSc Bio) graduated with first class honours from the renowned British College of Osteopathic Medicine and has worked in a variety of settings including private practice, Sports Centres and a multi-disciplinary clinic. She is passionate about Osteopathy and its ability to produce great benefits in pain management and general wellbeing.

Osteopathy is a method of diagnosis, treatment and rehabilitation of a variety of medical conditions and disorders. We look at the patient 'as a whole' and therefore treatment does not target symptoms but treats those parts of the body that may have caused the problem. Treatment modalities may include hands-on methods such as soft tissue massage, mobilisation and manipulative techniques, and also advice on such topics as ergonomics and nutrition. In addition, specific exercises and stretches may be recommended to aid recovery and promote health.

To book an appointment, please telephone 01404 42023.

For further information visit our website at www.roseosteopaths.com

▲ Alex the Osteopath

Traditional Acupuncture - Val Davis

Acupuncture can improve and maintain health and energy and enhance a sense of well-being

ACCORDING to traditional Chinese philosophy, our health is dependent on the body's motivating energy (qi) moving in a smooth and balanced way through a series of channels beneath the skin.

Acupuncture can affect the quality of qi, your body's vital energy, by the insertion of very fine needles into specific points along these channels. This stimulates the body's healing response and restores natural balance. Treatment is aimed at the root cause of your condition as well as your main symptoms. This approach helps with resolving your problem and enhancing your feeling of well-being. You may notice other niggling problems resolve as your main health complaint improves.

The type of conditions that I mostly see in my clinics include the following: arthritis, back pain and sciatica, poor circulation, low energy levels, hormonal/menopausal symptoms, pregnancy management, fertility problems, weight management, and addictions such as smoking. However, you don't have to be ill in the conventional sense to benefit from acupuncture, sometimes people come to see me because they are feeling low, unwell in themselves, or maybe not sleeping as well as they would like to.

Professional Acupuncturists spend at least 3 years training at degree level to become an Acupuncturist. We are then entitled to join the British Acupuncture Council and to use the letters Lic.Ac., B.Ac.C after our names. We also have public liability and professional indemnity insurance. Many of us have also studied at post-graduate level and are constantly updating our skills and experience.

So, why not give me a ring and see if I can help.

Val Davis, B.Sc., Lic.Ac., M.B.Ac.C.
(Member of British Acupuncture Council)
(20 years experience)
(01395) 578050
www.devonacupuncture.org.uk

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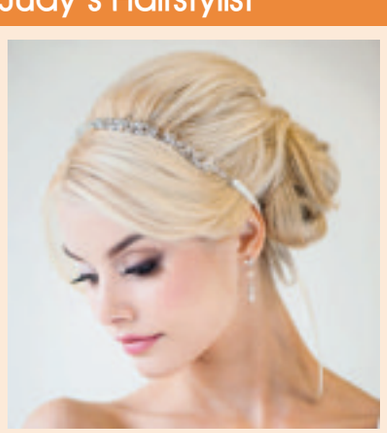

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Anne Roberts LLB, Cert ED, CSCT Cert, REL Cert, MBACP
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Clinical Hypnotherapy
Michelle Hague

Stopping Smoking ? There is something you need to know.

E-CIGARETTES may not help you quit: Smokers using E-cigarettes are 28% less likely to ditch traditional cigarettes, So says the medical correspondent Ben Spencer who reported on the medical study published this year in the Lancet.

The study has concluded E-cigarettes do not help smokers to quit tobacco.

However these findings have become very controversial and are contrary to leading health officials in England, who have repeatedly insisted that e-cigarettes are a key tool to reduce smoking rates.

The study which was a systematic review of all available data on the issue, is the largest to date, and evaluated whether e-cigarettes assist smokers in quitting cigarettes.

Published in the Lancet Respiratory Medicine journal, it concluded that e-cigarettes do not help smokers quit, and should not be recommended for that purpose until there is solid proof that they do.

E-cigarettes contain a liquid form of nicotine that is heated into vapor to be inhaled, avoiding the harm caused by tobacco smoke.

While there is little doubt that an e-cigarette is less dangerous than a conventional cigarette, the most dangerous thing about e-cigarettes is that many keep smoking conventional cigarettes too.

The irony is, that stopping smoking is one of the main reasons adults use e-cigarettes, but on the whole it would seem the effect is less, not more, stopping.

Steven Bernstein of Yale School of Medicine, writing in a separate editorial published by The Lancet, said that despite concerns over the data and findings of the study, it did raise questions about the usefulness of e-cigarettes as a quitting aid.

The evidence for Hypnotherapy from previously satisfied clients, who have stopped smoking demonstrates that Hypnotherapy can help some people to stop, this includes stopping the use of e-cigarettes too. But is also means it can help you to change any habits that you want to change, If you are ready to stop, and ready to change a behaviour, Hypnotherapy could help you.

To speak to Michelle about becoming someone who used to smoke, or to find out if she can help you make changes to your life, call her on 07761773563

The Beauty Hideaway

THE Beauty Hideaway Portland is an exciting new beauty salon based in Osprey Leisure centre.

With its tranquil and relaxing feel, mood lighting, music and fragrances, all your senses will be relaxed. You will feel like you've been transported somewhere new from the moment you step through the door.

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For any enquiries or bookings please call 07792499977 or 01305 824378

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Portland

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• Healthy Eating • Sleep Problems • Stress & Anxiety
• Breaking unwanted habits such as smoking or nail biting
• Fears & Phobias & much more

Michelle is an experienced therapist an international lecturer with the London College of Clinical Hypnosis. For more information or to book an appointment or to see if she can help you call, or email.

Clinics in Axminster
www.takecontrolofyourlife.co.uk
01297 20144 or 07761773563
michelle@haguemail.co.uk

BRITISH SOCIETY OF CLINICAL HYPNOSIS

By Abi Jackson, Press Association

Chris Hoy's five top tips for becoming a better cyclist

With 11 World Championship track cycling wins and six Olympic gold medals - plus one silver - under his belt, Sir Chris Hoy certainly knows a thing or two about cycling.

Since announcing his retirement from competitive cycling in 2013, the Edinburgh-born 39-year-old is still passionate about bikes, and now spends much of his energy 'pedalling' his HOY Bikes and HOY Vulpine cycling clothing and accessories ranges.

The legendary bike-rider will be speaking and showcasing his latest product lines at the London Bike Show in February, but first, he shares his top tips for becoming a better cyclist...

BUY THE RIGHT BIKE FOR YOU

Bikes aren't one-size-fits-all, and designs can vary significantly. Also, ensuring your bike 'fits' you correctly will not only affect performance, but will play a big role in your comfort and avoiding injuries.

"It's important that your bike is suitable for what you intend to use it for. If I was purely commuting, I'd choose a hybrid like the Shizuoka, that can go anywhere and take pannier racks. Someone riding sportives would need something different. Ensuring the bike is the right size is crucial. Spend time with people in a bike shop, such as Evans Cycles, and get them to make sure the bike fits correctly. An ill-fitting bike will easily put you off riding."

GET FASTER AND FITTER BY RIDING INTERVALS

If you want to improve your fitness on the bike, it pays to factor in some training tactics.

"Time constraints often affect training, and it can be tough to make gains in the face of a busy work/life schedule. Intervals [which means alternating stints of high and low-intensity effort in one workout] help solve this problem, and often produce breakthroughs when your training has felt stale for a while. If you have a favourite climb, where there's not a lot of traffic, try doing 30 seconds of effort followed by 30 seconds recovery. If you are at home on the turbo and listening to music, you can incorporate this by riding hard for one song, and easing off the next. Make sure you have warmed up properly first, and try to do around five efforts to start with; and just make sure the likes of Bohemian Rhapsody don't get stuck on repeat."

SET SOME GOALS

You don't have to start big with your goals, but having set targets to aim for will help keep you motivated, enable you to monitor your progress and improvements and ensure your efforts are rewarded.

"Setting yourself a target and writing these down can make the difference between achieving them or not. I used to set myself long-term goals, like becoming Olympic champion, but it's important to include shorter-term goals to help measure success and keep you motivated. It doesn't matter whether it's to be world champion or to ride your first sportive, it's important to have something to aim for."

INVEST IN SUITABLE CLOTHING

There may have been a time when the 'Lycra brigade' attracted sniggers, but there's a reason people invest in proper kit - in fact there are numerous reasons, including enhanced performance, comfort and even safety.

"One of my more recent projects has been developing my HOY Vulpine kit. Wearing the right kit really does make a huge difference in performance and your comfort - you wouldn't go running in a pair of leather shoes. Certainly get yourself a good pair of padded shorts, and make sure you dress appropriately for the weather, layering up when it's cold and keeping yourself dry when it's wet."

FUEL PROPERLY

Whether you're a weekend rider in it for the fun, or hoping to work on those personal bests in sportives, getting the nutrition and hydration right is important.

"If you are going for a ride, always remember to take something with you. There are plenty of nutritional supplements that make it easy to get the energy you need. Science in Sport [SiS] GO gels are a great way to get a quick energy boost on the bike, and also, remember it's crucial to stay hydrated. The best advice I can give is to drink little and often - as soon as you feel thirsty, you are already starting to dehydrate."

▲ Chris Hoy training : PA Photo/London Bike Show 2015.

Podiatrist / Chiropodist
Lindy Parry

I HOLD my private chiropody clinic at Townsend House Surgery in Seaton.

I offer a range of treatments from a simple nail cut to nail surgery, and each treatment plan is priced accordingly.

The nail cutting only service is a shorter appointment and is ideal for those that don't have any other foot care needs. Others like to alternate nail cuts with chiropody treatments as it best suits their requirements. I always aim to work with the patient to find the best treatment plan to suit each individual. Patients feet are then monitored during treatment so that changes can be made should the need arise.

Diabetic patients who attend for chiropody will also have a diabetic foot assessment carried out during their first treatment, and will then be monitored and re-assessed as necessary.

My chiropody clinics are available to anybody seeking help with their feet and Townsend House and I look forward to welcoming you.

Bookings can be made by calling 01297 22956.

Lindy Parry - Podiatrist / Chiropodist

(BSc Hons Podiatry, MChS, HCPC Registration number CH26100)

A Private chiropody clinic at **Townsend House Medical Practice**,
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A wide range of nail and foot care treatments available, from the removal of corns and callosities to nail surgery. Foot health assessments also undertaken including those for diabetic patients.

A nail cutting only service is available at these clinics.

To make a booking please call

01297 22956

By Kate Whiting and Abi Jackson, Press Association

How do you rise and shine?

▲ PA Photo/thinkstockphotos.

▲ PA Photo/thinkstockphotos.

When you woke up this morning, what did you do? Leap out of bed, full of the joys of spring? Or clobber your alarm clock so hard, you need to buy a new one?

I got woken at 5.20am by the pitter-patter of tiny feet running into my bedroom - but only really woke up with a cup of Earl Grey, a bowl of porridge, and a hot shower (not all at once) an hour later.

It turns out the nation doesn't really feel awake 'til about 9.40am, according to Quaker Oats' #SuperStart survey, with 90% of us on autopilot first thing in the morning, a quarter of us skipping breakfast all together, and a quarter not ready to face the day until 10am.

The average worker says their productivity doesn't kick in until around 11.22am - and two thirds are more productive in the afternoon.

But there are all kinds of benefits to being an early bird, including greater willpower, which will help you make healthy choices, says psychologist Dr Linda Papadopoulos.

"Developing a morning routine allows you to assert your own authority over the day."

WHAT'S HAPPENING?

Whether we're a morning person or night owl is determined by our body's 'circadian rhythms', which Dr Papadopoulos explains, are the physiological processes that occur repeatedly on approximately a 24-hour cycle thanks to Earth's light-dark cycle.

Our rhythms can be measured by our body temperature and alertness - plus there's a surge in the hormone cortisol in the morning, while the production of melatonin in the evening helps us prepare for sleep.

In the olden days, we used to wake up at dawn and go to bed at dusk, but in modern life, Dr Papadopoulos says we're "outsourcing our circadian rhythms" to coffee and alcohol - a stimulant to wake us up and a relaxant to help us sleep.

Add to that the fact we're all staring at mobile phones, tablets and TVs late into the night, which emit a blue light that suppresses melatonin production - and it's no wonder we're finding it hard to wake up.

The good news is we can reset our body's biological clock to become better 'morning people', says Dr Papadopoulos: "To adjust your sleep cycle, do it slowly - avoid screen-time in the evenings, go to bed 15 minutes earlier each night, leave your curtains open and use the sunlight to cue your circadian rhythms."

HUSTLE BUSSELL

Quaker has teamed up with Strictly Come Dancing judge Darcey Bussell to give Britain an energy boost in the mornings. The mum-of-two, who developed and teaches DDMIX dance classes, is a big fan of having a morning routine - and eating a good breakfast.

"My alarm goes off 6.55AM every morning - and I never hit the snooze button!

"As soon as I wake up, I either splash cold water on my face or jump straight in the shower. I put the radio on every morning as I find that good music picks me up.

"A simple bowl of Quaker Oats porridge first thing is the best breakfast to get me on the right track for the rest of the day. I often also have fruit for breakfast, usually apples, blueberries or strawberries with a glass of water and a green tea.

"I do the school run and then walk for 30 minutes with the dogs before I carry on with the rest of my day."

WHICH TYPE OF MORNING PERSON ARE YOU?

Take the test at www.facebook.com/QuakerOatsUK to find out which one you are...

LARK

The classic 'lark' personality. Likes to rise early and once they open their eyes feels quickly 'awake and sprightly'. This person tends to be most productive early on in the day. More likely to incorporate physical or outdoor activity into their morning routine. Mornings are your preferred time for getting exercise, and breakfast is your favourite meal of the day. Cheerful in the morning, but as the day progresses, energy levels decline, you get tired in the evening and usually go to bed early.

RISE

This person wakes promptly upon their alarm, but needs a little more easing into the day. Drawn to the peace and quiet of the morning, and like to take time to reflect on the day ahead before others are awake. Usually like to perform some rituals e.g. coffee in their favourite mug, staring at the view from a particular window. May be more likely to benefit from early meditation, mindfulness or yoga.

LO-FI

They begrudgingly wake with their alarm, but are not firing on all cylinders in the morning. As a result they struggle with the myriad tasks that the morning holds e.g. finding keys, locating an umbrella. Prone to underestimating the amount of time morning actions take e.g. hair and make-up, travel, so often arrives at work flustered or feeling behind on things.

SLUMBER

Hits the snooze button multiple times before they can even contemplate rising. Doesn't sleep until later on in the evening, either because they are socialising, working late, watching TV or reading. As a result, tends to feel fatigued and irritable in the morning. More likely to skip breakfast or grab something on the go. Often uses caffeine to help them.

TRIED AND TESTED

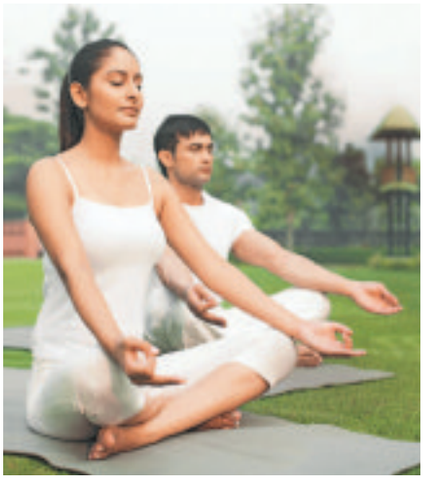
Abi Jackson chows down a new breakfast that packs an extra protein punch

WHAT IS IT?

myHi is a new range of snacks, breakfasts, lunches and dinners, and sports shakes and powders, enriched with extra protein - promising to deliver on flavour as well as nutrition. They're aimed to appeal to people following low-carb and high-protein diets, or anybody looking for convenient but nutrition-conscious foods.

WHAT'S IT LIKE?

I've been trying the myHi Instant Oat Cereal with Raspberries, which comes as a box of five 40g sachets. In an ideal world, I'd always prepare my porridge from scratch, but it's handy to have something quick and easy - and healthy - for busy days or when I'm eating at work. With added whey protein, there's 8.2g of protein in each bowl of these myHi instant oats. Like most protein-pumped foodstuffs, they do have that slightly unnatural taste - but these are really enjoyable, and don't taste over-sweetened. Quick and simple to prepare, an easy and satisfying way to tick off that protein boost.



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01297 639167 / 07717310198

Rosen Method Bodywork Linda Rock

FEELING STRESSED AND OVERWHELMED?... *THEN I CAN HELP!*

'Listening' to what YOU have to say and using 'safe, gentle, touch'. I will help YOU to relax. So that YOU can feel more at ease and alive.

LINDA Rock is a holistic therapist and Rosen Method Body Work Practitioner, and also a general and psychiatric nurse RGN RMN.

Linda's heart's desire, and her passion, is to get to the heart of the matter. To live an authentic and fulfilling life. It is this passion that she brings to her work, encouraging and supporting clients to be all that they are.

Rosen Method uses a gentle 'listening' touch, words and presence to encourage and support the letting-go of deeply held muscle tension, which can be profoundly relaxing.

It is the release of tension, often emotional in nature, that frees the breath and brings awakening and awareness to our being.

"Having Rosen Method from Linda has changed my life. It's enabled me to overcome the remnants of post-natal depression… It's been like having counselling but easier and somehow quicker to get to the heart of the matter" - client testimony.

Special Offer: "Put a Spring in YOUR step" Taster Sessions £15

For more details call 07989 851606 or visit www.rosenmethod.co.uk.

Linda is now offering sessions at Axminster Health and Wellbeing Centre, www.axminster-wellbeing.com, 01297 32331.

Rosen Method Bodywork Linda Rock Rosen Method Practitioner and qualified general and psychiatric nurse RGN RMN

"This work is about transformation – from the person we think we are to the person we really are"

Marion Rosen Founder of Rosen Method, Berkley, California

Bodywork with Heart

07989 851 606

rock2rosen@gmail.com

www.rosemethod.co.uk

Offering sessions at Axminster Health and Wellbeing Centre

www.axminsterwellbeing.com • 01297 32331

Wellbeing 2016

Health & Wellbeing
Complimentary Therapies
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Our readers are always looking for ways to improve their lives and feel healthier and happier. Whether they need to lose weight, get a new style, get healthier, eat cleaner, get more rest and relaxation or improve mental health.

Through regular advertising features we highlight local specialists who can help our readers make some positive changes to look and feel great.

These popular features appear in allfourteen editions. We also invite all advertisers to submit free editorial (150-200 words) and a picture.

Pulman's *View from* **Axminster**
Pulman's *View from* **Colyton & Colyford**
Pulman's *View from* **Seaton & Beer**
Pulman's *View from* **Honiton**
Pulman's *View from* **Sidmouth**
Pulman's *View from* **Ottery St Mary**

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call Gemma Whittaker on 01297 446153, or email gemma@pemedia.co.uk

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Please contact Judith or Leanne on 01297 22629 to give relevant details.

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Rousdon, Lyme Regis

Are looking for Care Staff

Full or part time including weekends, evenings and nights

Also an Activities Assistant

to join our happy, enthusiastic team.

Positions with great benefits and weekends enhancements.

Please ring Adele or Sheena on 445626 to arrange to come in for a chat

EYRE COURT

RESTAURANT, BAR AND HOTEL

Experienced full time chef required for small hotel in Seaton. Must be able to work both individually and as part of a team. Salary negotiable. Please call Gary on 01297 21455

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We currently have a vacancy for the following staff:

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Please telephone the manager, Trudi Marsh, on 01297 21646

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Must be time served, to work in our busy, well-equipped workshop. Good rates of pay & advancement for the correct candidate.

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Immediate Start

Must have a high standard of communication & Housekeeping skills

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View From Classified

LADDER. Metal, double extension, 2x12 rungs, in good order. £50 ono. Telephone 01395 513740

SPRING flowering plants & shrubs. Good selection, in pots ready to plant. £35 the lot, buyer collects 07580 899125 Ilminster area.

REDFINE Morphy Richards atomiost vapour iron. 5 years guarantee. Bought in September, used twice, cost £250, will sell £100. 01460 75523

DOLLS HOUSE. Solid wood. Large, 268cm, d50cmm, h66cm. Needs TLC, hence only £25. 07720083804

GEORGE FOREMAN jumbo size grill £20 01297 32552

CAMPING toilet still boxed as new. £20 01297 32552.

CAMPING mini-cooler. Mains/battery £10 01297 32552

BLACK ash coffee table £15 01297 32552

2 TWIN wall lights. Brass effects. £10 01297 32552

DINING room table and four brown leather charis. £100 vgc. 01404 43782

RANGEMASTER 110 leisure green. Good working condition. Buyer collects £280 ono. 01460 279696. (Clapton).

BRAND new spare wheel/tyre. Full size. Peugeot 3008. Including jack. £100. 01297 625547.

MOTHERCARE Winnie The Pooh travelcot. Good condition. £30. 01404 881448.

PANASONIC 32" television. Good condition £50. 01297 33021.

Wanted

WANTED

Jazz, Soul, Reggae & Rock Lps & 45s

will pay cash & collect.

07832 943805

WANTED

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MENDIP MULE

BUS DRIVERS REQUIRED!

MENDIP MULE MOTORBUS seek 2 part time PSV drivers, each to work 3/4 day week, for the High Season 23rd July to 4th September period, to drive our heritage open top bus tours.

This might suit recently retired bus/coach drivers or school bus drivers during the holidays.

We seek for 2016 people happy to join our friendly team and work on a 30% commission basis to share the weather risk with us.

We are Colyton based with many of our tours being centered on Seaton, but we also cover an area between Abbotsbury and Bicton Park/Otter Nurseries.

You must:
Hold correct clean PSV licence.
Be age 25-70 for insurance purposes.
Hold up to date Driver CPC.
Like driving semi auto heritage buses (one pre power steering).
Be sympathetic to elderly machinery.
Like working intensive 8.5 hour timetables.
Like working with the public.
Be customer friendly & easy going.
Like giving a live PA commentary.
Have good local knowledge.
Be happy to work on a casual self employed basis.

If so please preferably email your details as soon as possible to derekchoochoo@hotmail.com

(if no online access phone 077 565 29338) (note test drives to be arranged in holiday week 29th May to 5th June)

Classified

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HILLARYS

Selected items. T's & C's apply.

Public Notices

PUBLIC NOTICE
LICENSING ACT 2003

To whom it may concern:

I, Hazel Goodier

do hereby give notice that I have applied to the Licensing Authority at East Devon District Council for a new

Premises Licence

at The Hideaway (formerly Chine Café)

West Walk	Opening Hours		Serving Alcohol
Esplanade	Mon-Wed	9.00-18.00	11.00-17.00
Seaton	Thu-Sat	9.00-23.00	11.00-22.00
EX12 2QP	Sun	9.00-19.00	11.00-17.00

and known as The Hideaway

The application is to: - Sell alchohol

Any person wishing to make representations to this application may do so by writing to The Licensing Manager, East Devon District Council, Council Offices, Knowle, Sidmouth, EX10 8HL not later than 28 days after the date of this notice.
www.eastdevon.gov.uk
A copy of the application can be viewed at the Licensing Authority's address during nornal office hours.
It is an offence to knowingly or recklessly to make a false statement in connection with this application, the maximum fine on summary conviction being £5,000

Dated 17/03/2016

PUBLIC NOTICE
LICENSING ACT 2003

To whom it may concern:

I Mr Gideon Hitchin

do hereby give notice that I have applied to the Licensing Authority at East Devon District Council for a new Premises Licence at 14 Lyme Street, Axminster

The application is to:
Serve alcohol on the premises between the hours of 11am and midnight Monday-Sunday.

Any person wishing to make representations to this application may do so by writing to The Licensing Manager, East Devon District Council, Council Offices, Knowle, Sidmouth, EX10 8HL not later than 28 days after the date of this notice. www.eastdevon.gov.uk
A copy of the application can be viewed at the Licensing Authority's address during normal office hours.
It is an offence knowingly or recklessly to make a false statement in connection with this application, the maximum fine on summary conviction being £5,000

Dated: 22/03/2016

PUBLIC NOTICE
LICENSING ACT 2003

To whom it may concern:

I Sarah Strong,

Do herby give notice that I have applied to the Licensing Authority of East Devon District Council for a new Premise License at 18 Fore st, Seaton and known as "The Wild Caper".

The application is to permit the sale of alcoholic drinks from Monday through to Saturday between 11:00am and 15:30, and then 18:00-23:00 and on Sundays between 11 and 15:30 and 18:00-22:00

Any person wishing to make representation to this application may do so in writing to The Licensing Manager, East Devon District Council, Council Offices, Knowle, Sidmouth, EX10 8HL not later than 28 days after the date of this notice. www.eastdevon.gov.uk

A copy of this application can be viewed at the Licensing Authority's address during normal office hours.

It is an offence knowingly or recklessly to make a false statement in connection with this application, the maximum fine on summary conviction being £5,000

Dated.....10/03/2016

To advertise your household item (up to the value of £2,000), please email sophie@pemedia.co.uk with the subject as 'Items for sale Dorset', or to submit by post, please send your advert to: Dorset I.F.S, Unit 3, St Michael's Business Centre, Church Street, Lyme Regis, Dorset DT7 3DB

Pulman's PropertyView

LONG ESTABLISHED DELICATESSEN FOR SALE IN SEATON

THE Dairy Wagon is located in the centre of Fore Street, the main shopping Street in Seaton and therefore has one of the best trading positions in the town. Fore Street continues down to the seafront and esplanade ensuring the maximum footfall of shoppers to compliment the many long-standing local customers.

Fortnam Smith & Banwell are proud to offer for sale this long established Delicatessen retail business which has been in the same ownership for over 30 years, selling a wide variety of speciality foods and produce, much of which is locally sourced. There is a varied selection of associated gift items including a range of locally produced hampers ideally suited to the tourist as well as to local residents. The business has the benefit of a premises license currently used for the sale of local and regional wines and cider etc.

The business comes fully equipped with various counters, display units, shelving, cold cabinets, scales etc. (A full inventory will be supplied).

Asking Price: £20,000 for Lease, Goodwill and Fixtures & Fittings plus Stock at Value. Please contact Fortnam Smith & Banwell, Seaton for more information or to arrange a viewing on 01297 23939.

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FLAX MEADOW LANE

Lovely modern large four bedroom house benefiting from garage and close proximity to axminster town centre. Property comprises, entrance hall, cloakroom, kitchen/diner, lounge, 4 bedrooms, ensuite, family bathroom and shower room, Garage and garden. EPC rating C. **£239,950**

UPPER MEAD

Brand new brick built 3 bedroom detached house. Semi-rural location on this popular new development enjoying outstanding countryside views. Property comprises Entrance Hall, Cloakroom, Living Room, Fitted Kitchen/Diner, French doors to garden, Three Bedrooms, en-suite shower room, bathroom, adjoining garage, driveway, No chain, Viewing highly recommended. EPC TBC. **£267,500**

DUKES WAY

This brand new mid terraced house offers entrance hall with fitted kitchen, downstairs cloakroom, lounge/diner with patio doors to the rear garden, 2 double bedrooms and bathroom on the second floor and spacious bedroom with dressing area and en suite shower room on the third floor. Gas fired central heating, double glazing, allocated parking and gardens. **£184,950**

DUKES WAY

A beautiful 3 bedroom house with allocated parking space, south facing and low maintenance patio garden. Accommodation comprises: entrance hall, large cloakroom, living room with bay window & patio doors to rear garden, lovely kitchen with dining area, 3 bedrooms, family shower room, parking, delightful south facing patio garden. EPC rating C. **£214,000**

FOSSEWAY CLOSE

An extended detached 3 bedroom bungalow, enjoying a private corner plot garden and within easy walking distance of the town and all amenities. Accommodation comprises: entrance hall, dual aspect living / dining room, kitchen, utility area, conservatory, inner hall, master bedroom with large en-suite, 2 further bedrooms, wet room, gardens, driveway & garage. EPC rating D. **£269,950**

WIDEPOST COTTAGE

Two bedroom cottage benefiting from a downstairs bathroom and a central Axminster location, close to train station and shops. Opportunity to create an off road parking space. EPC TBC. **£145,000**

MY RESIDENTIAL LETTINGS

CORNWALL HOUSE

Recently refurbished lovely 4 Bedroom house in the heart of Axminster. Property comprises Four Bedrooms, Family bathroom, Open Plan living room/Kitchen. Parking for 1 vehicle. EPC rating E. **£795 pcm**

OTTERTON MEWS

Lovely First floor one bedroom flat in Axminster. Property comprises one bedroom, bathroom, large lounge/diner and kitchen. Parking. Gas CH. Double glazing EPC rating B. **£525 pcm**

PENNY'S TERRACE

A two bedroom mid terraced stone cottage within easy walking distance of the town centre. Accommodation comprises front door, living room, kitchen/diner, utility area, bathroom, utility/sun room, 2 double bedrooms, enclosed rear courtyard garden. EPC rating C. **£595 pcm**

BREWERS AVENUE

The Tetbury; a 3 bedroom house with open plan living and dining area, with french doors to garden. Seperate kitchen, cloakroom, bedroom 1 features en-suite and buit in wardrobe. Integrated appliances include high level oven, hob and hood, fridge freezer, washng machine and dishwasher. EPC rating B. **£820 pcm**

PULMAN HOUSE

A very spacious 3 bedroom maisonette apartment benefiting from gas fired central heating and a convenient town centre location. EPC rating B. **£600 pcm**

HORNSBURY COTTAGES

Two bedroom house in a quiet cul de sac location. Gas fired central heating and allocated parking. EPC rating C. **£680 pcm**

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Pennys
estate agents

01297 22224
Seaton Office

NEW

NEW AND EXCLUSIVE TO PENNYS

Tower Country Park, Seaton £43,500

- Detached Holiday Lodge
- Open plan living/ dining/ kitchen
- Off-road parking
- Ideal investment opportunity
- Sealed unit double glazing
- Quiet, peaceful location
- Electric heating
- Views over the countryside and communal gardens
- NO ONWARD CHAIN

NEW

NEW AND EXCLUSIVE TO PENNYS

Woodbury Park, Axminster £159,950

- A well presented mid-terrace house
- Three storey property with spacious loft room
- Two further double bedrooms
- Living room with open fireplace
- Refitted, integrated kitchen
- White suite bathroom
- Gas central heating
- Sealed unit double glazing
- Enclosed, landscaped rear garden with attractive level terraces
- NO ONWARD CHAIN
- Energy Performance is: D

Hawkesdown Close, Axmouth £215,000

- A spacious, three double bedroom semi detached house
- Attractive gardens and decked area
- Stunning views
- Open plan living / dining area
- LPG gas central heating
- Upvc double glazing throughout
- Living accommodation on ground floor with the three bedrooms down stairs
- Off road driveway parking
- Situated in quiet village location
- Energy Performance is: E

New Road, Beer £485 O.I.R.O

- Split level detached residence
- Three bedrooms
- Spacious, well presented accommodation throughout
- Far reaching views
- Comprehensively re-fitted kitchen and dining room
- Living room with 27' balcony
- Utility/laundry room
- Detached double garage, large hardstanding and two parking spaces
- Lawned and stocked garden
- Energy Performance is: D

Cunningham Avenue, Axminster £165,000

- NO ONWARD CHAIN
- Previously let with rental income of £750 PCM gross
- Extended semi-detached house
- Four Bedrooms
- Countryside views
- Gas central heating
- Sealed unit double glazing
- Modern kitchen, living room and conservatory/sun room
- Gardens adjoining fields to rear
- Potential to create off road parking STPP
- Energy Performance is: E

Bowd Court, Sidmouth £299,950

- Characterful three bedroom attached barn conversion
- Convenient location within easy reach of the coast at Sidmouth
- Open plan living space
- Electric heating
- Secondary double glazing
- Character features
- Level garden with summerhouse
- Single garage in block and parking space
- Ideal 'lock up and leave' second/holiday home
- Energy Performance is: TBC

Scalwell Mead, Seaton £185,000

- A semi detached bungalow
- Two bedrooms
- Spacious living room
- Kitchen/breakfast room
- Sealed unit double glazing
- Enclosed, secluded rear garden
- Gas central heating
- Single garage and long driveway
- General modernisation required
- NO ONWARD CHAIN
- Energy Performance is: D

Townsend Avenue, Seaton £280,000

- A detached bungalow
- South facing
- Quiet residential location
- Sealed unit double glazing
- Sunny lounge with sea views
- Gas central heating
- Two double bedrooms
- Study
- Kitchen/breakfast room
- Pretty rear garden
- Energy Performance is: D

Queen Street, Seaton £85,000

- Town centre apartment
- One bedroom
- Gas central heating
- Upvc double glazing
- Approximately 5 minutes walk to the sea front
- Close to all local amenities
- An ideal first time purchase
- Rental potential of £450 per calendar month
- NO ONWARD CHAIN
- Energy Performance is: D

Seaforth Lodge, Seaton £155,000

- Well presented, characterful maisonette
- Two bedrooms
- Spacious, dual aspect living room
- Well fitted, modern kitchen
- Modern white suite bathroom
- En-suite cloakroom to bedroom one
- Gas central heating and extensively double glazed
- Communal, lawned gardens with sea view
- Garage and parking space
- 999 year lease (remainder of) and share of freehold
- Energy Performance is: E

Tolman Crescent, Seaton
SOLD IN MARCH
Asking Price: £215,000

Wychall Orchard, Seaton
SOLD IN MARCH
Asking Price: £200,000

Burrow Close, Newton Poppleford
SOLD IN MARCH
Asking Price: £275,000

Riverdale Close, Seaton
SOLD IN MARCH
Asking Price: £119,950

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THORNFIELD PARK

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AN EXCLUSIVE NEW DEVELOPMENT OF EIGHT INDIVIDUAL, SPACIOUS DETACHED HOMES WITHIN AN IMAGINATIVE AND CONVENIENT SETTING

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- Each property has a 10 year CRL warranty
- Built to modern building regulations and incorporating high insulation levels
- Bespoke Ashgrove kitchens with Bosch appliances
- Villeroy & Boch bathrooms with Hansgrohe fittings
- Gas fired underfloor heating and sealed unit double glazing
- Block paved driveways and either single or double garage
- Close to Colyton Grammar School
- Level walk to town, sea front and beach
- Ground floor laid to oak
- Freehold title
- Available for reservation now

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(Phase 1) **Prices from £470,000**

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Seaton £155,000
Attached two bedroom house.

Colyton £299,500
Three bedroom family home.

Seaton £175,000
Well presented two bedroom terrace.

Seaton £150,000
Two bedroom first floor apartment.

Colyton £210,000
Semi-detached three bedroom home.

Seaton £260,000
Ground floor apartment with sea views.

Seaton £365,000
Detached bungalow sought after part of town.

Colyton £320,000
An attractive three storey period property with potential for several uses.

Seaton £290,000
Attractive five bedroom period property.

LET us change your view...

Seaton £625 pcm

Colyton £775 pcm

Axminster £1,200 pcm

Seaton Offices and retail units available.

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Let us change your view

Thank you for a very professional & proactive service. After the disappointment of our previous agent's inactivity it was refreshing to get such friendly and efficient service. Val & Phil

Frank Property
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ILMINSTER | £130,000 OIEO

CHARMING ONE BEDROOM COTTAGE

Sitting Room with feature fireplace | Kitchen | Utility/ Cloakroom | Stairs/Landing | Loft | One Double Bedroom with built-in storage | Bathroom | Walled Courtyard Garden

CREWKERNE | £225,000

SPACIOUS DETACHED HOME

Hall | Sitting/Dining Room | Kitchen | Cloakroom | Three Bedrooms | Bathroom | Gardens | Parking | Garage

CREWKERNE | £189 950

SPACIOUS EXTENDED TERRACE

Porch | Sitting Room | Dining Room |Kitchen/Breakfast Room | Cloakroom | Two First Floor Bedrooms | Bathroom | Attic Room | Good Size Garden

CREWKERNE | £250,000

DETACHED HOUSE IN GOOD SIZE PLOT

Lounge | Dining Room | Kitchen | Lobby | Three Bedrooms | Bathroom | WC | Oil-Fired Central Heating | Double Glazing | Gardens To All Sides | Off-Road Parking | Garage

Elder & Froy Lettings

CREWKERNE | £640 PCM

SPACIOUS MID TERRACE

Sitting Room | Dining Area | Kitchen | Three Bedrooms | Bathroom | Garden

URGENTLY REQUIRE MORE PROPERTIES FOR WAITING TENANTS WON'T BE BEATEN ON FEES

CALL US NOW: CREWKERNE 01460 78900

ILMINSTER | £550 PCM

TOWN CENTRE FIRST FLOOR FLAT

Sitting Room | Kitchen | Two Bedrooms | Bathroom | Garage Available at £60 pcm

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we're holding an **open house** at this porperty

Aminster
£179,950

- Three Bedrooms Semi-Detached House
- Enclosed Rear Garden
- Local Restriction Applies

Saturday 26 March
11:30am - 12:30pm

appointments essential
book a time slot today

we're holding an **open house** at this porperty

Aminster
£210,000

- Three Bedrooms (En-Suite to Master)
- Enclosed Rear Garden & Garage
- Popular Location

Saturday 26 March
14:00 - 15:00

appointments essential
book a time slot today

we're holding an **open house** at this porperty

Aminster
£347,500

- Detached New Home with Countryside Views
- Three Double Bedrooms (Two with En-Suite Facilities)
- Enclosed Red Garden & Car Port Parking

Saturday 26 March
9:30am - 11:30am

appointments essential
book a time slot today

NEW! AXMINSTER £262,950

The Wordsworth is a splendid four bedroom detached property constructed over three floors. This spacious home has a contemporary feel for flexible family living, and comprises a large lounge and open plan family room/kitchen, both benefiting from the added luxury of French doors to the rear garden area. Tenure: Freehold, EPC: Exempt

AXMINSTER £365,000

A superbly presented three bedroom bungalow conveniently situated close to the facilities on offer in the market town of Axminster. Offering good size accommodation, integral garage, parking and with well-tended gardens, this modern home demands viewing to be fully appreciated. Tenure: Freehold, EPC: D

AXMINSTER £125,500

A mid terrace two bedroom, two reception room cottage which is situated a short walk away from the facilities on offer in the small market town of Axminster. Tenure: Freehold, EPC: F

SEATON £325,000

A unique property in the coastal town of Seaton. Featuring well proportioned primary accommodation combined with ample parking, this very well presented home comes with the added benefit of a new and fully self-contained annex. Tenure: Freehold, EPC: D

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- Fixed rate ending?
- Need to reduce payments?
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call for details or to make an appointment 01297 32323

NEW PRICE AXMINSTER £169,950

A well presented end-terrace house with building plot outline. Located on the outskirts of town offering good size accommodation but in need of modernisation. Planning permission granted for separate dwelling. EDDC restriction applies. This property also benefits from no onward chain. Tenure: Freehold, EPC: E

NEW PRICE AXMINSTER £210,000

A detached bungalow, situated towards the end of a cul-de-sac, coming to the market for the first time in over 30 years. The property would now benefit from a programme of refurbishment, and offers potential purchasers the opportunity to own a home modified to their own taste. Tenure: Freehold, EPC: D

AXMINSTER £157,500

A two bedroom family home which has been tastefully upgraded, now offering well-proportioned accommodation. Further benefiting gardens to the front and rear and no onward chain, EDDC restriction applies. Tenure: Freehold, EPC: D

AXMINSTER £379,950

A superbly presented three bedroom bungalow conveniently situated close to the facilities on offer in the market town of Axminster. Offering good size accommodation, double garage, parking and well-tended landscaped gardens, this home demands viewing to be fully appreciated. Tenure: Freehold, EPC: C

NEW! AXMINSTER £134,950

A two bedroom terraced property close to the facilities on offer in the market town of Axminster. This property benefits from double glazing, gas central heating, allocated parking and enclosed rear garden. Tenure: Freehold, EPC: C

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NEW! AXMINSTER £134,950

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Beer, Detached 4 Bedroom Arts & Crafts House. £900,000

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NEW

Beer, Detached 3 Bedroom Bungalow. £395,000

A substantial 3 bedroom detached bungalow with lovely views over the village and occupying an excellent sized plot amounting to in excess of a quarter of an acre and offering an exciting development opportunity, or for substantial refurbishment subject of course to any consents. Garage en-bloc. EPC rating F.

Seaton, 3 Bedroom Semi Detached Bungalow. £242,500

A most attractive renovated three bedroom semi detached chalet bungalow in a quiet and yet convenient location for the town centre and beach. Gardens to front and rear. Onsite parking. EPC rating E.

NEW

Whitford, Detached 3 Bedroom Bungalow. £425,000

A most attractive and very spacious 3 bedroom detached bungalow located in a rural location in the village of Whitford with appealing rural views over the surrounding fields. Landscaped gardens, an attached single garage and additional onsite parking. EPC rating TBC.

NEW PRICE

Beer, Attractive Semi Detached House. £370,000

A most attractive three bedroomed period semi detached house, presented in excellent order throughout. Attractive landscaped gardens. Garage/Workshop and ample onsite parking. EPC rating D.

Colyton, Five Bedroom Family Home. £375,000

A superb and beautifully presented 5 bedroom family home that has been extended to provide very spacious and flexible accommodation. Good sized gardens, ample vehicle parking and an attached garage. EPC Rating D.

NEW

Seaton, Investment Purchase. £169,950

For investment only, with a long term sitting tenant, an attractive period mid terrace house located close to the town centre and beach. Permit street parking is available outside the house. EPC rating TBC.

Colyton, Cottage with Character and Views. £250,000

A delightful four bedroom town centre cottage in a riverside location, which benefits from outstanding views over the fields towards the Umborne Valley and the hills beyond. Courtyard garden to front and utility courtyard to the side. DG. Gas CH. EPC rating E.

TO LET

Seaton, 3 Bedroom House with Garden. £795 pcm

An attractive and spacious 3 bedroom detached house located in a quiet cul-de-sac and there are open plan gardens ideal for family occupation. EPC rating D. Fees apply.

NEW

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A superb two bedroom ground floor apartment with fine character features and having the added advantage of a private patio, delightful communal gardens, sea views and parking. EPC rating F.

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NEW

Delightful detached characterful south facing cottage, the like of which rarely comes onto the local property market. 4 bedrooms, 3 reception rooms, mature gardens and ample parking in a semi-rural location on the outskirts of Colyton. The property offers flexible, accommodation and although semi- rural is still within walking distance of the town and facilities. EPC rating E.

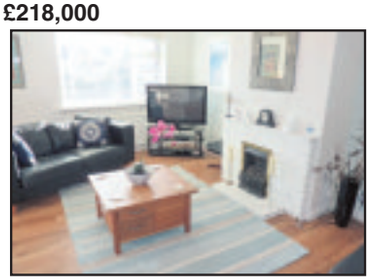
SEATON £249,950

NEW

SALE AGREED

Detached 2-3 bedroom property, close to the town centre with lovely sea and estuary views, garage, garden and fantastic conservatory. EPC rating E.

SEATON £218,000



Well presented, semi-detached chalet bungalow with 2 double bedrooms, landscaped garden, garage and off-road parking. The property offers excellent storage facilities and is offered with no onward chain. EPC rating D.

SEATON £119,950

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MUSBURY £255,000

Plot of land situated in a village location within an Area of Outstanding Natural Beauty, with planning consent granted for two 4-bedroom detached dwellings. Detailed planning consent available on EDDC website ref: 14/0970/FUL.

SEATON £235,000

Detached 2 bedroom bungalow on a generous plot with lovely gardens, located a short walk from the town centre and local amenities with scope for modernisation. EPC rating E.

SEATON £360,000

Well presented, modern, 4 bedroom, detached, split-level house with panoramic sea and far reaching countryside views on the sought after western side of the town. Must be viewed internally. EPC Rating D.

COLYFORD £379,950

A beautifully presented, 3 bedroom detached bungalow with garage, parking and delightful landscaped gardens within walking distance of the Colyton Grammar School in the sought after village of Colyford. EPC rating C.

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COLYTON £850 PCM

A SPACIOUS, DETACHED, 3 BEDROOM BUNGALOW IN CUL-DE-SAC LOCATION. THE PROPERTY IS LET UNFURNISHED AND COMPRISES: FITTED KITCHEN; LOUNGE; DINING AREA; THREE GOOD BEDROOMS; BATHROOM; DOUBLE GARAGE; GARDENS. EPC RATING D. TENANT FEES APPLY.

LSTR SEATON £750 PCM

A WELL PRESENTED THREE BEDROOM TERRACED HOUSE. THE PROPERTY COMPRISES OF: LOUNGE, DINING ROOM, KITCHEN WITH DISHWASHER & SPACE FOR WASHING MACHINE & FRIDGE. FRENCH DOORS OPENING OUT TO A SMALL BACK GARDEN. 2 BATHROOMS. PERMIT PARKING ON STREET. EPC RATING D. TENANT FEES APPLY.

SEATON £575 PCM

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A well presented three bedroom cottage situated in the sought after village of Kilmington. Property comprises of, Lounge with log burner, office/utility and cloaks, conservatory. Off road parking and garage and enclosed garden. Offered Fully furnished, Pets and children considered. Available end April. EPC rated E.

Web Ref: AXM150362 **Axminster 01297 32879**

Charmouth **£1,250 pcm**

A spacious three bedroom detached house, situated in a quiet cul-de-sac, in the popular seaside town of Charmouth. Presented in immaculate condition and benefitting with three reception rooms, an open fire in the lounge, a conservatory, lovely garden with a summer house and a garage. All gardening included. Available Immediately, pets and children considered. EPC rated D.

Web Ref: ACC100283 **Axminster 01297 32879**

Branscombe **£1,100 pcm**

A converted barn in the popular village of Branscombe, comprising of entrance hall, sitting room, dining room, kitchen/breakfast, utility, three bedrooms with master en-suite, bathroom, gardens, parking and garage.

Web Ref: AXM160047 **Axminster 01297 32879**

Hawkchurch **£950 pcm**

A semi-detached Character Cottage with an annexe situated in a sought after village overlooking the Church, comprising entrance hall, cloakroom, sitting room with open fire, reception two, kitchen with a Rayburn, four bedrooms, bathroom, garden and parking. The Annexe offers open plan space with a wood burner, utility area, first floor large open space with a balcony with views. Available April. EPC band G.

Web Ref: ACC080253 **Axminster 01297 32879**

Hewood **£750 pcm**

A refurbished spacious Grade II listed detached cottage set in a rural location. The character property offers many original features, with stone flooring, comprising, ground floor, lounge with wood burner, dining room, lower floor, kitchen, bathroom and utility/boot room. First floor, spacious landing/study/third bedroom, two double bedrooms. Gardens to the front and rear with far reaching views. Available immediately.

Web Ref: AXM150434 **Axminster 01297 32879**

Axminster **£750 pcm**

A well presented terraced property close to the town centre and station. Comprising entrance hall, dining room, lounge, kitchen, utility room, boot/store room, two bedrooms, attic room, bathroom, garden, garage and parking. Available Immediately. EPC band D.

Web Ref: AXM160006 **Axminster 01297 32879**

Axminster **£750 pcm**

A well presented and spacious three bedroom terraced house situated within walking distance of the town centre. Separate lounge and dining room, enclosed rear garden and garage. Pets are considered. Available immediately. EPC rating D.

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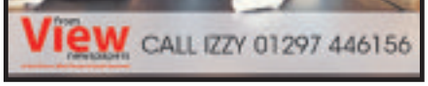

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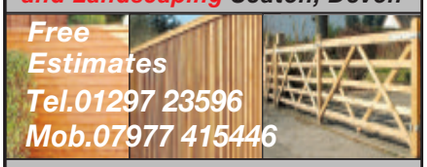

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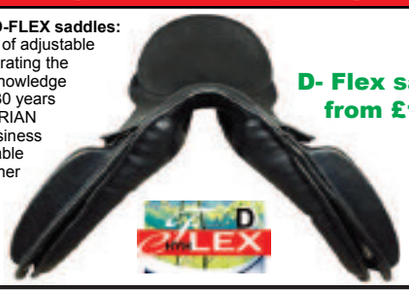

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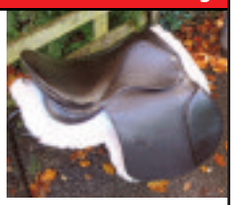

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The new Mercedes-AMG GLC 43 4MATIC: First Mid-size SUV from Affalterbach

THE mid-size SUV model series gains a particularly dynamic addition in the form of the new Mercedes-AMG GLC 43 4MATIC. The 270 kW (367 hp) 3.0-litre V6 biturbo engine, the automatic transmission 9G-TRONIC with shortened shift times and the AMG performance 4MATIC all-wheel drive configured with a rear bias form the basis for an especially dynamic on-road driving experience. The autonomous design and the specially tuned sports suspension on the basis of AIR BODY CONTROL with adaptive damping adjustment underline the affiliation to the Mercedes-AMG world of Driving Performance.

Following the record sales in 2015 Mercedes-AMG remains on a path of growth: the product range will be extended at high speed in 2016 too. "With the new GLC 43 4MATIC we are offering an AMG model in the mid-size SUV segment for the first time. The new SUV from Affalterbach marks the pinnacle of the GLC product range and in the AMG portfolio it closes the gap between the GLA and GLE," said Tobias Moers, CEO at Mercedes-AMG GmbH.

The 3.0-litre V6 biturbo engine is used in numerous AMG performance models and is the only six-cylinder variant available in the GLC. It delivers 270 kW (367 hp) maximum output plus a maximum torque of 520 newton metres. The GLC 43 4MATIC sprints from rest to 62 mph in 4.9 seconds and its speed is electronically governed at 155 mph. The newly developed front axle, the taut elastokinematics and the highly precise AMG speed-sensitive sports steering make a substantial contribution to the agile driving experience.

▲ The new Mercedes-AMG GLC 43 4MATIC

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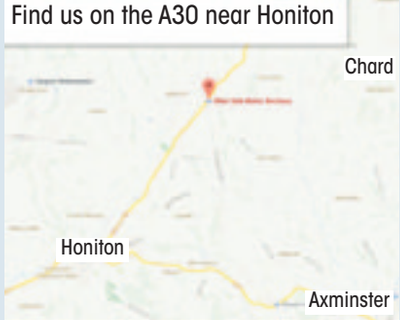

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8 of top 10 new car models now cost at least £250 extra if ordered in white, reports cap HPI

WHILST white used to be a free colour choice from manufacturers, figures from cap hpi reveal that eight out of the top 10 new car models ordered in 2015 added an extra premium of at least £250 to go a whiter shade of pale. However, one in five new cars sold in 2015 was white, making it the most popular colour for car buyers for the third year running*. For those who want a car that looks pure as the driven snow, but for a lesser price, cap hpi puts the spotlight on those models which still come with an option to have white for free.

Last year, over 2.6 million new cars were registered and more than half a million of them (21.4%) were white, reported the SMMT. Indeed, the popularity of white has grown by over 2%, since 2014. However, cap hpi analysis of the new car market reveals that the only two models in the 2015 top 10, offer white as a no-cost option; the Audi A3 and the Mini Hatchback.

Among the models that are offered in white as a 'premium' option, the Ford Fiesta and Ford Focus are the cheapest at £250 extra. Next comes the Volkswagen Golf at £260 and then the Vauxhall Corsa at £275 for plain white, but metallic white comes at a hefty premium of £545.

"It's interesting to see that manufacturers have noticed the rising popularity of white cars here in the UK. As it's become more desirable, it makes business sense for manufacturers to start charging extra for the snowy tones," explains Mark Norman, Managing Consultant and Chief Residual Value Optimisation Analyst of cap hpi. "Buyers should be wary of paying extra for more unusual tones, just because they're on trend now – for example the SMMT has reported that mauve, orange and yellow cars are in demand – as it could make your car difficult to sell once that colour goes out of fashion.

"It's also interesting to learn that manufacturers change standard non-cost colours in different regions of Europe. For instance, the non-cost Fiesta colour in Germany is Blue and they charge €200 extra for Red or €150 for white. Their standard metallic charge is €565. In France they don't charge extra for solid colours and standard metallic cost €500. In Spain Blue is non-cost, red and white cost €200 and standard metallic costs €425 and in Italy the standard colour is red, solid blue will cost you €300, white €400 and standard metallic €600.

"However, here in the UK, those that spent that extra £250 spent on a new Ford Focus or VW Golf two or three years ago, will get that back if they decide to sell in the current used car market, making it a sound investment. However, with so many white cars on the road today, that may not be the story by 2018. Look back a decade and some cars weren't available in white because it didn't sell, whilst black was the hottest colour on the road. The trick is to avoid being caught out at the tail end of a colour trend, leaving you trying to sell a car in a colour that nobody desires anymore."

2015 Top 10 best sellers	2015 Sales	No cost paint colour	"Premium" solid colours	Metallic
Ford Fiesta	133,434	Red	£250 – White	£495
Vauxhall Corsa	92,077	Red, Blue	£275 – Yellow, White	£545
Ford Focus	83,816	Red	£250 – White	£525
Volkswagen Golf	73,409	Grey	£260 – Black, White, Red	£545
Nissan Qashqai	60,814	Red	N/A	£550
Volkswagen Polo	54,900	Black, Grey	£260 – White/£330 – Red, Blue	£540
Vauxhall Astra	52,703	Red, Blue	£275 – White	£545
Audi A3	47,653	Black, Red, White	N/A	£550
Mini Hatchback	47,076	White, Orange	N/A	£475
Vauxhall Mokka	45,399	Red	£275 – White	£545

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Peugeot 207 5 Door 1.6 VTi 120 Sport

WAS £4,995 NOW £4,495
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WAS £17,995 NOW £17,495
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Peugeot 308 5 Door 1.6 e-HDi 115 Feline (s/s)

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football tables

SWP Div One (E) (34)	Pld	Pts
Tiverton Town Res	21	55
St Martins	23	48
Teignmouth	20	44
University of Exeter	23	44
Galmpton Utd	22	39
AXMINSTER T	27	36
Alphington	24	34
Appledore	19	33*
Budleigh Salterton	23	33
Exwick Villa	23	33
Newton Abbot Spurs	20	32
Brixham AFC	27	30
Crediton Utd	20	29
SIDMOUTH TOWN	22	28
Bovey Tracey	25	23
Liverton Utd	22	18
Totnes & Dartington	21	17
Okehampton Argyle	24	0*

D&E Premier (30)	Pld	Pts
Newtown	17	46
Honiton Town	19	41
Feniton	18	39
Topsham Town	16	32
Elmore	15	28
Exwick Villa Res	20	26
Hatherleigh Town	15	24
Heavitree Utd	17	23
Newton St Cyres	18	21
Clyst Valley	20	20
Seaton Town	17	18
Chard Town Res	21	18
Beer Albion	19	17
Bow AAC	15	12
Willand Rovers Res	17	7

D&E Div One (24)	Pld	Pts
Exmouth Amateurs	14	37
Bickleigh	16	35
Sidmouth Town Res	15	31
Upottery	14	30
University Res	11	24
Westexe Rovers	16	24
Colyton	14	17
Wellington Res	14	16
Heavitree Utd Res	16	16
Alphington Res	18	15
Budleigh Salt Res	20	15
Lympstone	18	12
Witheridge Res	16	11

D&E Div Two (26)	Pld	Pts
Henry's Cronies	13	37
University 3rds	16	36
Exmouth Town Res	12	28
Chulmleigh	11	27
Lyme Regis	14	27
Cullompton Ran Rs	13	20
Newtown Res	12	21
Dawlish Utd	14	18
Tipton St John	14	16
Halwill	18	13
Hemyock	14	13
East Budleigh	16	4
Culm Utd	12	3

D&E Div Three (26)	Pld	Pts
Chagford	19	40
Woodbury	15	35
Lapford	13	33
Exmouth Amat Res	18	30
Axmouth Utd	16	29
University 4ths	19	29
Cheriton Fitzpaine	15	20
Langdon	12	19
Topsham Town Res	16	19
Newton Poppleford	15	16
Clyst Valley Res	17	14
Tedburn St Mary	11	11
St Martins Res	16	11*
Thorverton	16	4

D&E Div Four (24)	Pld	Pts
Axminster Res	19	43
Bampton	14	33
Honiton Town Res	14	29
University 5ths	14	25
Fluxton	17	22
Countess Wear Dyn	18	21
Morchard Bishop	15	20
Lords XI	18	19
Bow AAC Res	13	16
Sampford Peverell	14	13
North Tawton	17	12
Pinhoe	13	11

D&E Div Five (24)	Pld	Pts
Otterton	17	38
Uplowman Athletic	14	37
Kentisbeare	16	33
Ottery St Mary	15	32
Alphington 3rds	18	29
Feniton Reserves	17	26
Priory	16	24
Awliscombe Utd	17	23
Beer Albion Res	19	18*
Starcross Generals	19	18
Sandford	12	16
Halwill Reserves	16	10
Hatherleigh Res	16	1

Sport – local football news

with Howard Larcombe

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Orchard bears fruit as Vikings blunt Spurs

Millwey stunned by postponement – Triple success for Tigers – Beer back on track

MATCH REPORTS

Newton Abbot Spurs 0 Sidmouth Town 2

SIDMOUTH Town ended Newton Abbot's excellent run of form that has seen them only suffer one defeat from their last seven games.

For the second week running the rejuvenated young Vikings set off at an electric pace, dominating possession.

However the first real effort came from the Spurs in the 15th minute when a curling effort that was heading for the top corner was brilliantly tipped over by keeper Dec Lines.

But Sidmouth began creating a lot of chances with Connor Swingler causing all kinds of problems. They took the lead in the 40th minute when Cameron Vere received a clever through ball from Dave Green, and smashed the ball past keeper Neil Comerford.

Newton Abbot deserve a lot of credit as by half time they looked drained of energy and there for taking. But they emerged after the break and piled on the pressure.

Sidmouth showed some real quality in containing the spurs, in central defence put on a masterclass in defending.

After dealing with heavy onslaught for 15 minutes with centre-backs Jamie Newbery and Anthony Griffiths in resolute form, the Vikings regained a foothold in the game with Ben Farrington putting a free-kick inches wide in the 68th minute.

The game was wrapped up six minutes later when Devon U18 striker Jamie Orchard crowned a MoM performance with his first goal for the club – volleying home an effort into the top corner from 25 yards out wide on the right.

Sidmouth have a busy Bank Holiday weekend on the horizon with two home games in 72 hours. On Good Friday they welcome Budleigh Salterton ((3pm) then it's the visit of Crediton United on Easter Monday (3pm).

Vikings: *Lines, Binion, Newbery, Griffiths, White, Swingler, Green, Davies (Capt), Farrington, Vere, Orchard. Used Subs: Evans, Burrows, Jenkins.*

Totnes & Dartington 0 Axminster Town 2

SECOND half goals from former Chard Town midfielders Oscar Latas (66min) and Liam Cleal (78) saw Axminster Town break their four game losing run at lowly Totnes & Dartington.

Next up for Axminster is Saturday's trip to take on crisis club Okehampton who were rumoured to be on the brink of folding but have now appointed the much-travelled Roger Bonaparte as manger until the end of the season (3pm).

Heavitree United 1 Beer Albion 2

Devon & Exeter Premier

BEER Albion pulled off one of the surprise results of the day winning 2-1 away at Heavitree *writes Richard Honnor.*

Beer had the better of the first half and went in front on 25 minutes through a Luke Bartlett header.

Bartlett and Richard Walker combined well up front and were always a threat to the Heavies defence.

The Fishermen went further ahead early in the second period when Richard Walker headed home in the 55th minute.

Thereafter, Beer's rear-guard was well marshalled and soaked up pressure from the hosts with some resolute defending until 10 minutes from time when Heavitree netted their consolation.

Hard-working midfielder Ben Vine was Beer's best performer but this was a splendid team effort with good performances across the park.

The next home game for Beer is the East Devon Senior Cup tie against Hatherleigh Town on Easter Monday (3pm) Match Sponsor is Chapples Tea Hut, Beer Beach.

Beer Albion Res 0 Halwill Res 2

D&E Division 5

AFTER thumping the visitors 5-0 last week, Beer Albion Reserves surprisingly had the tables turned on Saturday writes Richard Honnor.

For the first 15 minutes Beer were penned in their own half and it was no surprise when Halwill went ahead on 14 minutes.

They almost went further ahead two minutes later when a header was scrambled off the line.

The Fishermen responded with their best move of the game on 18 minutes when Ross Broome's shot was desperately cleared away for a corner after a good exchange of passes between Tom Neal and Sam White.

From the corner, Broome had a great chance to equalise at the far post but failed to connect cleanly with his header.

Thereafter, Halwill dominated and keeper Shaun Gould kept the home side in the game with a couple of great saves.

The visitors went further in front in the 42nd minute when former Beer player Rory Tucker's left foot strike from 20 yards squeezed in despite Gould getting a hand to it.

Beer manager Bryan Brown was very disappointed with his team's performance: "Our control and passing weren't good enough and our forwards failed to put any pressure on Halwill".

D&E round up *by Collin Goodwin*

EXMOUTH AMATEURS exacted some revenge for their recent disappointment at losing out to the UNIVERSITY in the Devon Senior cup by beating their Division One promotion rivals 4-2.

SIDMOUTH TOWN won 4-2 at COLYTON to stay well in the race too, Joe Miller 2, Joe Gosse and Al Forsyth scoring.

Meanwhile, UPOTTERY won 3-0 against HEAVITREE with Steve Morris, Jason Kennard and Sam Winslade finding the target.

Premier leaders NEWTOWN took another stride towards the title beating SEATON TOWN 3-1.

HONITON TOWN moved into second place after disposing of NEWTON ST CYRES 2-0, Dan Broom and Jack Knight scoring, but FENITON slipped to a disappointing 3-3 draw at home to EXWICK VILLA after being three ahead into the second half.

Dan Norman, Paul Dowling and Marc Simic scored for Fenny.

TOPSHAM TOWN were also held 1-1 at CHARD TOWN whose Danny Aplin scored.

Hat-tricks from Declan Ellis, Joe Bond and Julien Simier and singles from Mark Batey and Ben Clarke saw LYME REGIS step up their Division Two promotion charge as they swamped CULM UNITED 11-1.

LAPFORD maintained their promotion bid from Division Three thanks to a 7-2 win at NEWTON POPPLEFORD. Mark Tucker 3 and Harry Leach 2 had most of the goals.

Seven scorers were on the list for BAMPTON in their 8-0 win against COUNTESS WEAR DYNAMOES in Division Four, but only Jonny Lacey managed a brace. Rhys Parsons, Josh Wren, Dan Black, James Phelps, Danny Coles and Connor Stone got singles.

Leaders AXMINSTER TOWN were also among the goals with Pete Knox (3), Adam Cowling (2), Aaron Daniels (2) and Alex Wheatley on target in the 8-1 mauling of hosts PINHOE.

UPLOWMAN ATHLETIC were not at their best but scrambled an important 2-1 win at PRIORY with goals from Ricky Lee and Brian Redwood to keep their Division Five promotion ambitions.

OTTERY ST MARY were 6-1 winners at HATHERLEIGH TOWN which was some compenstion for having to fold their Reserve team in midweek.

In Division Six EAST BUDLEIGH also disbanded their side for the season, and the referee refused to play the match at MILLWEY RISE against NEWTON ST CYRES as he regarded the ground as too dangerous a decision which dumfounded the home team.

Seasoned supporter and former player Dick Sturch said: "I have never been so disgusted with a team's attitude and the lengths pursued to prevent a game being played.

"The well grassed surface of Cloakham Lawns, admittedly with boot marks in it from previous games, was soft, certainly playable and in no way dangerous.

"Newton St Cyres were even offered the opportunity to play the game on the 3G pitch at Axminster which they declined.

"One wonders the reasons for their decision when they have two more games than Millwey's formidable fixture list to play before the end of season".

TIVVY PARK RANGERS stepped up their Division Seven title challenge as they blew LANGDON away 7-1, while LYME REGIS RESERVES were held toa 1-1 draw at Cheriton Fitzpaine Reserves with Ryan Fifer netting for the Seasiders.

In Division Eight the K & M Polonia challenge was dented by a 2-1 reverse at SIDMOUTH TOWN.

Down in Division Nine AXMINSTER 3rds won for the first time in 2016 thanks to second -half goals from Sam Dibling and Nicky Land in a 2-1 win over Newton Poppleford Reserves.

RESULTS
FRESHA DEVON & EXETER PREMIER
Bow AAC 6, Willand Rov 0.
Chard Tn 1, Topsham Tn 1.
Clyst Valley 1, Hatherleigh Tn 3.
Feniton 3, Exwick Villa 3.
Heavitree Utd 1, Beer Albion 2.
Honiton Tn 2, Newton St Cyres 0.
Newtown 3, Seaton Tn 1.
DIVISION ONE
Colyton 2, Sidmouth Tn 4.
Lympstone 2, Witheridge 3.
University 2, Exmouth Amats 4.
Upottery 3, Heavitree Utd 0.
Westexe Rov 5, Bud Salterton 0.
DIVISION TWO
Cullompton Rgs 1, Hemyock 0.
Halwill 0, University 2.
Lyme Regis 11, Culm Utd 1.
Newtown 3, Dawlish Utd 1.
Tipton St John 1, Exmouth Tn 3.
DIVISION THREE
Exmouth Amateurs 2, Chagford 4.
Langdon 1, University 1.
Newton Poppleford 2, Lapford 7.
Tedburn St Mary 3, St Martins 1.
Topsham Tn 2, Ch Fitzpaine 1.
Woodbury 1, Axmouth Utd 0.
DIVISION FOUR
Bampton 8, Countess Wear Dyn 0.
Lord's XI 0, Sampford Peverell 1.
Morchard Bishop 2, Bow AAC 1.
North Tawton 1, Honiton Tn 3.
Pinhoe 1, Axminster Tn 8.
University 2, Fluxton 1.
DIVISION FIVE
Beer Albion 0, Halwill 2.
Hatherleigh Tn 1, Ottery St Mary 6.
Kentisbeare 4, Feniton 0.
Priory 1, Uplowman Ath 2.
Sandford 1, Awliscombe Utd 1.
Starcross Gen 2, Alphington 7.
DIVISION SIX
Dunkeswell Rov 2, Stoke Hill 1.
Ilminster Tn 0, South Zeal Utd 3.
Royal Oak 5, Winkleigh 0.
Silverton 1, Exwick Village 3.
DIVISION SEVEN
Ch Fitzpaine 1, Lyme Regis 1.
Elmore 1, Central 1.
Offwell Rgs 1, Pinhoe 0.
Seaton Tn 0, Colyton 1.
Tivvy Park Rgs 7, Langdon 1.
Wellington Tn 5, Bradninch 0.
DIVISION EIGHT
Chagford 0, Bickleigh 3.
Cranbrook 1, Bampton 1.
Sidmouth Tn 2, K&M Polonia 1.
Stoke Arms Utd 2, Lympstone 1.
DIVISION NINE
Amory Green Rov 0, Upottery 4.
Axminster Tn 2, N Poppleford 1.
Feniton 1, Millwey Rise 1.
Honiton Tn 1, Exmouth Amats 1.
Lapford 2, Witheridge 0.
BILL SLEE CUP Quarter-Final
Chulmleigh 1, Henry's Cronies 6.

Sunday, March 20th
BILL SLEE CUP Quarter final
Bampton 2 Lyme Regis 0
MORRISON BELL CUP
Seaton Town 3 Honiton Town 2
GRANDISSON CUP Prelimary Round
Axmouth United 2 Upottery 3
GOLESWORTHY CUP R1
Newton Poppleford 3 Upottery 1
Otterton H-W Seaton Town
CARLISLE CUP
Kentisbeare H-W Colyton

FIXTURES - Tonight (Tuesday)
PREMIER
Elmore v Newtown 7.30

DIVISION 2
Exmouth Town v Dawlish Town 7.30

Tomorrow (Wednesday)
PREMIER
Willand Rovers v Heavitree United 7.30

DIVISION 1
Budleigh Salterton v Colyton 7.30

Thursday, March 24th
GRANDISSON CUP
Kentisbeare v Clyst Valley 7pm

Good Friday, March 25th
DIVISION 1
Wellington Town v Exmouth Amateurs

DIVISION 8
Chagford v Exmouth Spartans

Saturday, March 26th
PREMIER
Bow AAC v Clyst Valley
Exwick Villa v Elmore
Hatherleigh Town v Heavitree United
Honiton Town v Beer Albion
Newton St Cyres v Chard Town
Topsham Town v Feniton
Willand Rovers v Seaton Town
DIVISION 1
Bickleigh v Alphington
Budleigh Salterton v Heavitree United
Sidmouth Town v Colyton
Westexe Rovers v Upottery
Witheridge v Lympstone
DIVISION 2
Cullompton Rangers v Chulmleigh
Culm United v Lyme Regis
East Budleigh v Henrys Cronies
Halwill v Dawlish United
Tipton St John v Hemyock
DIVISION 3
Axmouth United v Cheriton Fitzpaine
Chagford v Exmouth Amateurs
Lapford v Topsham Town
St Martins v Newton Poppleford
Thorverton v Langdon
Woodbury v Tedburn St Mary
DIVISION 4
Axminster Town v Bampton
Countess Wear Dyn v Honiton Town
North Tawton v Bow AAC
Pinhoe v Morchard Bishop
Sampford Peverell v Fluxton
DIVISION 5
Awliscombe United v Hatherleigh Town
Feniton v Ottery St Mary
Priory v Otterton
Sandford v Kentisbeare
Starcross Generals v Halwill
Uplowman Athletic v Beer Albion
DIVISION 6
Exwick Village v Dunkeswell Rovers
Ilminster Town v Woodbury
Newton St Cyres v Whipton & Pinhoe
Royal Oak v East Budleigh
Silverton v Stoke Hill
Winchester v Millwey Rise
Winkleigh v South Zeal
DIVISION 7
Colyton v Cheriton Fitzpaine
Elmore v Bradninch
Lyme Regis v Central
Seaton Town v Offwell Rangers
Wellington Town v Tivvy Park Rangers
DIVISION 8
Ashwater v Sidmouth Town
Bampton v Lympstone
Ottery St Mary v Cranbrook
Stoke Arms v Sandford
DIVISION 9
Exmouth Amateurs v Lapford
Honiton Town v Millwey Rise
Kentisbeare v Axminster Town
Newton Poppleford v Amory Green Rov
Tedburn St Mary v Feniton
Upottery v Witheridge

Sunday, March 27th
CARLISLE CUP
Honiton Town v Offwell Rangers 2pm

PERRY STREET LEAGUE

with Howard Larcombe

DIVISION One leaders HAWKCHURCH UNITED continued their march towards the title moving a colossal 10 points clear after a 3-0 home triumph in the local derby against Thorncombe.

The woodwork denied the Hawks twice before Gavin Herrod opened the scoring. Herrod was then felled and Jack Larcombe netted from the resulting free-kick.

Herrod then blasted home from 16-yards to complete the scoring.

"Our defence was good, James Mitcham our keeper was more or less a spectator," said Hawks manager Martin Bright.

Next up for Hawkchurch is the rearranged Division One Cup Final against Drimpton at Misterton on Easter Monday (3pm).

Elsewhere, FARWAY UNITED came off second best in their Jack Venn Cup quarter-final at Merriott Rovers where they went down 6-1. Jack Murral scored the Farway consolation.

Next up for Andy Baily's troops is Saturday's Division Two visit by Chard Utd Reserves (2.30pm ko).

Finally, FARWAY UTD RESERVES went down 5-0 at Halstock despite having been level at 0-0 with 20 minutes to go.

Farway visit Drimpton Reserves next Saturday.

football tables

D&E Div Six (26)	Pld	Pts
Royal Oak (Exeter)	19	37
Whipton & Pinhoe	11	33
Winchester	13	33
Millwey Rise	12	30
South Zeal Utd	14	26
Newton St Cyres Rs	10	25
Exwick Village	17	23
Dunkeswell Rovers	18	19
Winkleigh	12	15
Silverton	17	15
East Budleigh Res	17	15*
Stoke Hill	15	10
Ilminster Town Res	18	10*
Woodbury Reserves	15	10

D&E Div Seven (22)	Pld	Pts
Central (Exeter)	16	38
Tivvy Park Rangers	13	35
Offwell Rangers	15	28
Lyme Regis Res	17	27
Wellington Tn 3rds	18	24*
Pinhoe Reserves	13	23
Elmore Reserves	13	20
Cheriton Fitz Res	13	17
Colyton Reserves	17	17
Seaton Town Res	16	13
Langdon Reserves	16	10
Bradninch	15	5*

D&E Div Eight (22)	Pld	Pts
Bickleigh Reserves	18	42
Exmouth Spartans	17	35
Cranbrook	14	30
K&M Polonia	17	29
Ashwater	16	25
Sidmouth Town 3rds	13	22
Lympstone Reserves	19	18
Stoke Arms Utd	17	18
Sandford 2nds	13	14
Chagford Reserves	15	11
Bampton Reserves	13	10
Ottery St Mary 2nds	12	3

D&E Div Nine (22)	Pld	Pts
Upottery Reserves	15	42
Newton Popp' Res	20	38
Axminster 3rds	20	36
Kentisbeare Res	18	28
Lapford Reserves	15	26
Amory Green Rov	15	23
Honiton Town 3rds	16	21
Witheridge 3rds	13	18
Exmouth Amat 3rds	17	16*
Feniton 3rds	16	13
Millwey Rise Res	18	12
Tedburn St M Res	17	8

Perry St Prem (24)	Pld	Pts
Barrington	12	33
Shepton Beauchamp	12	29
Beaminster	11	27
South Petherton	10	24
Perry Street	8	22
Combe Reserves	16	19
W & M Chinnock	15	16
Netherbury	16	14
Winsham Utd	16	14
Chard Utd	14	14
Forton Rangers	15	11*
Crewkerne Town	15	6*

Perry St Div 1 (24)	Pld	Pts
Hawkchurch Utd	13	34
Misterton	12	24
Drimpton	9	24
Barrington Reserves	12	21*
Waytown Hounds	11	18
Combe A	14	17
Uplyme	10	13
Beaminster Reserves	11	13
Pymore	10	11
Ilminster Town Colts	11	10
Crewkerne Rangers	12	6
Thorncombe	13	6

Perry St Div 2 (24)	Pld	Pts
Shepton Beau Res	14	28
Winsham Utd Res	16	28
South Petherton Res	9	24
Farway Utd	12	24
Chard Rangers	14	23
Merriott Rovers	10	22
Combe B	12	21
Chard Utd Reserves	13	20
Hinton St George	15	15
Merriott Dynamos	13	13
Kingsbury Episcopi	16	10
Thorncombe Res	12	0

Perry St Div 3 (24)	Pld	Pts
Dowlish & Donyatt	11	30
Charmouth	15	28
Perry Street Res	10	24
Fivehead	14	24
Netherbury Reserves	12	22
Halstock	8	19
Drimpton Reserves	13	18*
Uplyme Reserves	12	17
Chard Rangers Res	10	13*
Crewk Rangers Res	13	10
Chard Utd All Stars	14	10
Ilminster Town A	11	6
Farway Utd Res	13	4

rugby chard rfc

WITH GLYN HUGHES

Narrow loss sees drop fears continue

Chard 19 North Petherton 23
South West Division One

CHARD's struggle for survival goes on as they lost another very close encounter only picking up a losing bonus point for being within seven points of the winners.

Even though Chard went into the game with several players on the injured list they could well have won this very tight match.

Petherton made a terrific start when winger Gavin Hancock made the most of an overlap in the opening minute and went over in the corner for an unconverted try.

Chard took some time to settle but they gradually got into the game and when they won a penalty wide out on the right they kicked to the corner and player coach Simon Jenkins was forced over for an equalising unconverted try.

The visitors were now under pressure against some smart Chard attacking rugby. Chad Northcott made a good break which gained a lot of ground and, from another lineout, Jenkins crossed for his second try which was converted by Northcott making the score 12-5 to Chard after 25 minutes play.

But the hosts, who already had the bare bones of a squad, were hit by further injuries to flanker Casey Watson and full back Jon Humphrey who were both unable to continue and were replaced by Kieran Sutheridge and Adam Smith.

Chard started the second half as badly as they had then first and within minutes Petherton had crossed for their second try when centre James Taylor made the most of some dodgy home tackling. The try went unconverted but the visitors were now just two points adrift.

Petherton took the lead when Taylor crossed again and with full back Roberts converting they led 17-12.

Chard hit back almost immediately when number eight forward Mark Parsons bulldozed his way over under the posts, Northcott converted and Chard were in the lead by two points.

In a ding-dong battle Roberts converted a penalty to put Pethy a point in front.

With 15 minutes to go Chard had a straight forward penalty opportunity which would have regained the lead but inexplicably they kicked to the corner. But the visitors defended superbly.

Surely in a tight match you take all the easy points on offer? If Chard had done so then it would have been Petherton chasing the game.

As it was Roberts kicked a late penalty to seal Chard's fate although they had to defend a terrific final onslaught.

On Saturday Chard entertain Teignmouth, kick off is 2.15pm.

There were no other Chard games last weekend as the 2nd xv had to pull out of their game against Old Sulians because of the acute player shortage and the Colts were handed victory by Wells who could not raise a side.

This Saturday the 2nd xv are away at Wyvern and the 3rds are due to visit Wells.

Chard Ladies welcomed Withycombe Ladies for their first ever match on Sunday.

This was the first time the majority of the Chard girls had played a game of rugby, let alone a competitive one but they played well and the final score of 77-0 reflects more on experience rather than effort and showed also why Withycombe have been unbeaten all season.

After the game the referee Matt Bowditch was asked to nominate two players that stood out and he selected Sarah Kneeshaw for the forwards and Kerry Harris for the backs. Chairman Gavin Smillie said: "It's great to see so many women getting involved in rugby. The club now has a team for all ages but new players are always welcome."

SW Division One	Pld	+/-	Pts
Camborne	22	423	94
Newent	22	178	79
Thornbury	22	255	79
Weston-super-Mare	21	200	68
Bideford	22	54	62
Drybrook	21	115	60
Bridgwater & Albion	22	-40	59
Teignmouth	21	-227	41
Clevedon	20	-15	40
Wells	21	-119	37
CHARD	21	-97	37
North Petherton	21	-174	36
Avonmouth Old Boys	22	-146	32
Coney Hill	22	-407	3

youth football

Leaders toppled

SEATON Town 14s travelled to Exeter to play CITY RAIDERS who sat at the top of the Exeter & District League Division 2.

Seaton bossed the first half and took the lead when Reece McCabe calmly slotted the ball home. They added a second with a superb 25-yard first time shot into the top corner from right back William Hellier after good work from McCabe.

The second half was more even but McCabe rounded the keeper to make it 3-0. The hosts managed to get a goal back when a shot was saved by keeper Alfie Tucker Vincent only for a Raiders striker to tuck away the rebound. They added a late second with fine 20-yard effort but Seaton had their win.

Seaton under 10s continued their strong end to the season beating local rivals COLYTON 4-0.

Leo Gribble opened the scoring inside the opening minute, ending a move with a calm side footed finish.

Aaron Hale soon added a second, firing in from an acute angle, after a mazy run, but Colyton rallied well and the Seaton defensive line of Harvey Green and Daniel Baltushat had to make several crucial tackles.

The second half saw more chances for both sides, but it was Seaton who added a third when the ball was shifted quickly from back to front in a slick passing move before Gribble unselfishly laid it off into the path of Hale who smashed in his second from close range.

Christian Pinnock added the fourth with a drive from distance, which was just rewards for his midfield shift, where he linked up play superbly.

Axminster Under 8s played two SEATON teams at Millwey Rise on Saturday.

In the first game the Tigers took the lead Finley Jenkins after a good team move.

After a great first half performance including good defending from Joseph Scott, manager Luke Reed made some changes which disrupted the lads rhythm and they went on to lose the game 4-1.

In the second game the Tigers played really well including good performances from Jakob O'Hare in defence and midfielder Alex Dixonwho also came up with a goal.

At 1-1 Matthew Reed went up front and with two minutes to go robbed a Seaton defender and smashed the ball home for a 2-1 win.

After a customary slow start **Axminster U9s** found them elves 2-0 down against SIDMOUTH WARRIORS.

Tigers finally got back into the game with two goals from C. Pritchard and J. Pulman.

But going for the win got caught on the break and went down 3-2.

In the second game against SIDMOUTH VIKINGS the Tigers sprinted into a 3-0 lead after just five minutes with goals from J.Morgan, J.Pulman and B.Galloway. The Vikings fought back to level the scores but Galloway struck again with the last kick of the game to make it 4-3.

Axminster U7 showed good spirit and took their chances against SEATON winning the first game 6-0 and the second 4-0. Scorers were; Jayden Martin 4, Ollie Gabb 2, Ruben Baulch 2 and Kia Kemm 2.

starter's orders running round up

Top 40 finishes for Terry and Matt at Exeter 10K

HONITON *with Judy Davy*

FOUR Honiton Running Club Ladies flew the Club flag in the YEOVIL HALF MARATHON last Sunday.

Esme Moffett, who is training hard for London Marathon, led the Club home coming 81st overall in a time of 1 hour 32 minutes coming 4th in her very tough age category.

Jennie Sleeman managed a 5th place in her category to complete in just under 2 hours in 1:58. Anna Dalzell was next back finishing in 2:10 and Clare Melbourne completed the line-up finishing in 2:22.

There were 1104 finishers and the race was won by Ryan Holroyd in 1:10.

On the same day Honiton's new Chairman Howard Bidmead travelled to Fleet to compete in the popular FLEET HALF MARATHON.

There were over 2,500 entrants and Howard was running with his wife Helen's daughter, Anna in her first run over that distance.

The pair finished in 2.07.18s and were positioned in 1,997 and 1,998. The race was won by Michael Kallenburg from the RAF in 1.07.49.

CHARD ROAD RUNNERS
with Paul Masters

EIGHT members competed the Yeovil Half Marathon, one in the Exeter 10k and in the Budleigh Salterton-based Devonshire Dumpling Marathon.

More than 1000 runners took part in the YEOVIL HALF MARATHON including the CRR's with Emma Male smashing more than five minutes off her PB. Results; Nina Wagstaff (113th, 01:34:42), Colin Boarder (478, 01:53:53), Matt Baker (731, 02:05:34), Emma Male (734, 02:05:33), Melanie Boarder (865, 02:14:11), Elizabeth Smith (951, 02:22:18), Vicky Musselwhite (1007, 02:30:08), Lindsey Quinlan (1031, 02:33:41).

Meanwhile, Mick Whitworth recorded a time of 00:57:55 in the 700-strong EXETER 10K.

Finally, Paul Masters took part in the self-navigation DEVONSHIRE DUMPLING MARATHON.

After navigating around a huge Oak tree blocking the route, which took a few extra minutes Paul completed the run in 5h 11m 20s over 20 minutes faster, with an additional mile of running, than last year.

AXE VALLEY RUNNERS
with Dave Mutter

TERRY Emmett and Matt Hewer went to Exeter to take part in the AGE UK 10k where 726 competitors took part on a very flat course starting in the centre of Exeter and finishing at the Quay.

It was a very competitive race with Tom Merson winning in 31:12. Terry came 16th with a PB of 37.20 and Matt was 38th in 40.52, another PB.

Four AVR's ran the YEOVIL HALF MARATHON that started in town and went out on the lanes to Montacute House.

Emma Kiernan ran well to gather a PB finishing 118th in 1:34:59. Angela Kerr's legs still had the Grizzly feeling from last week, but she ran well to finish 531st in 1:56:35 and won her age category. Tony Bailey was 631st, 1:59:52 and Martin Kerr 932nd 2:20:16.

◆ **TEAM PIC**: Chard Road Runners, from left; Lindsey Quinlan, Matt Baker, Mel Boarder, Colin Boarder and Vicky Musselwhite at the start of the Yeovil Half marathon.

Garry Perratt and Tim Lenton ran the DEVONSHIRE DUMPLING, a 26-mile multi-terrain run or walk from Budleigh via Otterton, Woodbury and Exmouth. Garry finished in 4:12 and Tim 4:25.

On Sunday morning Graham Newton lined up with 200 other runners on a big hill above Cheddar.

The daunting start was a two miles uphill struggle and that was just the beginning of this tough off road 15 mile race up and down the Mendip Hills.

Graham narrowly missed out on the Vet 60 prize, finishing in 2:11:50.

tee off golf news from honiton, axe cliff and cricket st thomas

Birdie, birdie finish ses Denning and Flower fly home first

HONITON *with John Pawley*

THE biggest field for many weeks turned up for last Tuesday mens group and nearly 40 golfers enjoyed the bright sunny conditions.

With no temporary greens in play it seemed that the novelty of playing on 'proper' greens challenged a few players.

A generally low scoring day for a 3BBB competition played out with Chris Street, George Smith & Trevor Davis coming in with 68pts and taking first prize.

Later, players in the Mixed competition competed in a team Stableford with the two best scores at each hole recorded from the four players.

The winners were the team of Sue and Paul Ritchie with Lesley Farley & John Frith who amassed 85 points.

Lesley had a run of five consecutive holes scoring three points on each, and then later-on added another one of four points.

By Wednesday the fairways and rough had been cut and over 30 Ladies ventured out to play their first qualifier of the season - a Stableford.

The full 18 holes were played by 27 players and a further six played in the nine-hole competition.

Silver Division winner was Ann Trayling achieving 33pts ahead of Sue Ritchie with 29.

Bronze One winner was Stephani Barnes with 31, second was Lesley Oxenham with 30 and third was Joan Smith with 29 on count-back.

Star of the Day was Susan Hyde winning Bronze Two with an amazing 37pts with Carole Cole second on 31. The nine-hole competition was won by Catherine Hunt with 15 points.

On Friday over 50 Seniors played a Stableford in dry but cloudy conditions. With two holes being shortened because of ongoing course work there was some relief that this was not a handicap qualifier, as there were some good scores.

Stan Squire claimed victory in Division One with 37pts, followed by Andy Sharland on 36, Chris Street 36 ahead of Alan Devenny with 35.

In Division Two the winner was Norman Runciman with 38, followed in-order by Phil Wall, Rod Armitage and Howard Pritchard all on 33. The only two of the day was achieved by Eric Short on the 10th.

AXE CLIFF *with Peter Motson*

THE Mens section March Medal match, Division One results were: 1st (on back 9) Bill Kitchen with a net 70, 2nd was Gavin Walker also net 70.

Division Two: 1st Stuart Dixon net 69 and 2nd was Nigel Prichard net 73. Steve Anning, Nigel Prichard, Andrew Hellier, Anthony Hellier and Mike Rymer all carded 2s.

The Mens 9th round of the Winter League was won by Andrew Hellier with 40 points, 2nd was Daryl Jones with 38 and 3rd was Craig Trivett with 27. Alan Morgan, Craig Trivett, Mark Hubbard and Alan Kenworthy all scored 2s.

The Seniors played the last leg of their Winter league with M.Jamieson & R.Bragg scoring 34pts to take 1st place on countback. T Jessop & A Bishop took the 2nd spot also with 34 and in 3rd were P Christmas & N Bowles with 33.

Overall winners; 1st with 214 total points was T Jessup & A Bishop, 2nd J Hanna & P Hornsby 199 and 3rd B Graham & C Walker with 198.

CRICKET ST THOMAS *with Bert Robinson*

THE Seniors had a full programme of golf last week commencing on Monday with the final round of the Winter League pairs tournament. Nineteen pairs took part, and with the overall lead almost unassailable, Roger Stone & John McOmish took things easy and with a modest 36 points finishing fifth on the day which was enough to take first spot with an overall 241.

Sid Crisp & Brian Marsh took the day's honours with a commendable 42 points, with Andy Beale & Gordon Bareham only two shots behind. Bob Hollingsworth & Rod Young, who were lying in second spot overall, managed 38 points to finish in third place.

Overall result; 1st Roger Stone & John McOmish 241 points, 2nd Bob Hollingsworth & Rod Young 232, 3rd Maurice Arnold & Richard Forster 229.

On Wednesday 15 teams of three entered the Irish Waltz tournament. In good conditions with the ball running well, some excellent scores were returned with five teams scoring better than the 72 par mark.

An exciting duel developed between Des Denning, Brian Hodder & Barry Singleton and Geoff Dean, Barrie Heath & Robin Flower and they could not be separated at the finish, both returning scores of 76 points. However, this was four points short of the eventual winners John Pearce, Norman Markby & Bert Robinson.

The Friday tournament was A charity Greensomes in aid of Alzheimer's Research UK.

In very cold conditions and a northerly wind, 22 pairs were involved. The wind, however proved to be an asset and again the scoring was above average.

The winners by a long way were Des Denning & Robin Flower whose finishing two birdies ensured their success.

However, the main winner was the Alzheimer's charity which benefited by £230.

Result; 1st Des Denning & Robin Flower 46pts, 2nd Brian Anderson & Trevor Dobson 40, 3rd Roger Stone & Andy Beale 40.

◆ **TOP TEAM**: Des Denning and Robin Flower pictured after winning the Charity Greensomes at Cricket St Thomas GC.

netball honiton league

Tense finish ahead

WITH Hi Q having already collected enough points to retain the title the teams in second, third and fourth were left to play for the second place spot.

Uplowman had mixed fortunes from their two fixtures with a 45–28 win over Otters followed by a 43–31 defeat at the hands of Flamingos. This left Flamingos with a one-point advantage with a game to play.

Flamingos final game is against champions Hi Q whilst Uplowman meet Otters – it's too close to call!

At the other end of the table Tip Top Trees ensured their safety with wins against Signs South West by 42–20 and JD Tyres by 31–28.

These defeats for SSW and JD mean that they will be in Division Two next time round.

Division One	Pd	GD	Pts
Hi Q	13	243	39
Flamingos	13	241	34
Uplowman	13	169	33
Otters	13	81	27
Sidmouth TC	13	-76	22
Tip Top Trees	13	-134	16
Signs SW	13	-199	5*
JD Tyres	13	-325	5

With Ford & Pentecost Panthers already crowned champions it was a tight race for second place between Hawks, Toucans and Otter Valley.

Panthers finished their season with a 40–13 win over Swaggermamas.

Howden Hawks needed to win to ensure promotion but Pixies made them work hard for their points, with Hawks creeping home 36–32.

The chasing teams also recorded wins, Otter Valley with the slimmest of victories 13–12 over Blackdown Ladies whilst Toucans finished with a 39–16 win over Beer Blazers.

Division Two	Pd	GD	Pts
F & P Panthers	14	223	40
Howden Hawks	14	95	32
Sidmouth Toucans	14	76	31
Otter Valley	14	35	30
Pixies	14	-53	24
Blacdwn Ladies	14	-56	24
Swaggermamas	14	-143	15
Beer Blazers	14	-177	4

Jack high bowls news

Honiton Ladies clinch 2nd spot

ILMINSTER *with Des Maull*

ON Saturday Ilminster defeated visiting SEVERALLS on both rinks and by 51 shots to 24. Details: Brian Welch, Derek Carter, Arthur Callaghan & John Osborne 32 R Davney 13; Myra Childs, Barbara Dean, Colin Osborne & Mike King 19 K Leamon 11.

On Sunday Ilminster were away to BRIDGWATER in the Somerset & Devon Mixed league.

The hosts proved too strong winning on both rinks and by 39 shots to 27. Details: Heather Sims, Colin White, Maureen Mitchell & Barry Sims 17 N Allen 18; Steve Peasland, John Mitchell, Roger Lench & Penny Stow 10 I Green 21.

HONITON *with Julie Grant*

HONITON Ladies' late run in the county Lane League has secured them second place with several relatively new bowlers playing in this two home triples and two away triples competition.

In the Mens' friendly last week Honiton lost 68–72 to DEVON VICE PRESIDENTS, top rink, winning 18–14 were; David Tooley, Jim Doran, Barry Randall & Mike Smith.

CHARD *with Sandra Sumpter*

ON Wednesday Chard welcomed ODCOMBE for a friendly. Chard won all games and by 54–31.

In the East Devon League Chard defeated visitors SEATON RED. by seven games to one and 89 points to 34.

The final games have also been played in the **Milford & Dormor Mixed Triples** League.

Harlequins scored a hot shot in while defeating Trull 26–9. Musbury were matched against Greyhounds. Musbury won 18–8

The final game decided second and third positions in the table. Musbury were against Greyhounds. Musbury won the match 23–3.

The final positions were; 1st Harlequins, 2nd Musbury and 3rd Hurricanes.

Thanks to Milford & Dormor for once again sponsoring the event.

MERRIOTT SMBC
with Anne Weeks

TWO members took part in the East Coker Givle League end of season fun day.

Teams were randomly formed into cowboy-themed names, and Merriott's John Lacey was part of 'The Ranchers' and together with a member from both Odcombe and Hadspen went on to win the competition.

The overall winner of the Winter League, played monthly since October, wer Cerne Abbas who were presented with a cup and a cheque.

Charity cheques of £100 each were also presented to four participating teams whose names were randomly selected.

Short Mat Bowls in Ottery St Mary

HAVE you ever thought about playing Short Mat Bowls? It's played indoors and we will show you what to do.

We have bowls which you can use, so all you need to do is come along with flat soled shoes.

We meet at the Institute in Yonder Street, Ottery St Mary, EX11 1HD on Mondays from 7–10pm, and on Wednesday mornings from 9.45–noon at £2 per session.

Just come along and try two free taster sessions. Contact Jenny Uren 01404 812124 for more details.

motor sport rallying

Impressive 2nd spot in Bovington test

BROADWAY'S Gary Le Coadou in his Toyota Corolla world rally car ended the weekend on a high after finishing 2nd overall on the 90-mile Bovington Stage of the South West Asphalt Rally Championship.

The first day was made up of eight stages and, after an early locked wheel scare Gary and co-driver Carl Sorensen were 4th overall.

After some suspension modifications the pairing were setting good stage times and ended the day joint 3rd overall.

The next day brought a further six stages, each one about eight miles in length.

Gary and Carl instantly got off to a flying start and moved up to 2nd and, with 1st out of reach, maintaining this would be their goal.

Going into the final stage the crew had a massive sideways slide at about 80mph.

The pair thankfully made it safely back to the pits and collected their 2nd place overall trophies at the awards ceremonies.

The Team have done a fantastic job and kept the car going to the end' said co-driver Carl.

Gary would like to thank their service crew Bill, Charlie, Rob and Scott for their efforts and sponsors Burts Chips and PCS Furnishing Centre for their continued support

For more information on the Team visit www.toyotarally.co.uk or visit Facebook Toyota Rally Team to watch a short video from the event.

Gary and Carl will be out competing again in the next round at the Coronium Stages Rally on April 30th.

◆ **GOOD EFFORT**: Gary & Carl at Bovington. *Photo by Mark Chappell Gasmark Media*

on the fronter – skittles round-up

COLYTON LEAGUE

KO Cup semi-finals; Lamb A 319 (T Moore 64) Vine Nomads 341 (K Munt 66); New Inn A 432 (N Jones 91) Wheelwright A 387 (K Morley 74). *Final at Gerrard Arms on April 9th*.

KO'D Cup semi-finals; Colyton Club B 263 (M Berry 53) Vine B 312 (R Blackmore 51); Red Lion Cavaliers 320 (R Summers 56) Offwell A 296 (I Bell 52). *Final at Colcombe Castle on April 9th*.

Div 1; Vine B 330 (G Wright 58) Lamb B 381 (B Dicks 76); Axe Con A 348 (J Trivett 61) Honiton Con D 339 (S Tratt 60); Lamb A 315 (P Pomeroy 63) Gerrard A 327 (R Gay 66); Red Lion Cavaliers 434 (P Stone 81) New Inn A 403 (G Smith 78); Sidbury Stones 382 (M Hill 75) Hon WMC A 349 (S Pye 66); Cloakham B 347 (T Miller 68) Colyton Club A 339 (P Clode 67); Tuckers Arms B 371 (R Seward 70) Colcombe A 378 (R Parsons 69).

Div 2; Honiton Converts 394 (D Hedditch 75) Wheelwright A 394 (K Morley 76); Offwell A 385 (D Spragg 71) Cloakham Wanderers 360 (C Coulson 68); Eagle Tavern 394 (C Hutchings 85) Seaton AFC A 330 (R Turl 62); Volunteer A 341 (S Thornton 67) Ship C 328 (R Gush 62); Beer B 337 (J Gladstone 68) Vine A 333 (G Doidge 63); Colcombe Beerboys 326 (P White 59) Red Lion A 353 (C Garner, C Miller 64); Gerrard B 307 (D Randall 57) Mountbatten Whites 278 (E Williams 53).

Div 3; Three Tuns Hammers 450 (R Dymond 90) Red Lion Sid 397 (J Beaton 81); Beer Albion 320 (M Graham 61) Sidbury Village inn 278 (J Pinn 58); Honiton Con BTP 332 (R Williams 62) Volunteer B 341 (D Gigg 64); Ship Inn A 372 (D Minchin 75) Tuckers A 373 (D Dower, J Gostling 69); Wilmington Harts 379 (J Woolacott 73) Beer A 390 (P Westlake, S Ward 75); White Hart B 329 (S Robinson 63) Beer Vikings 345 (S Morris 70).

Div 4; Seaton AFC B 363 (Sarah Zieman 68) Axminster Inn A 329 (J Ellis 77); Rising Sun B 333 (R Clode 60) Tuckers C 303 (F Pearse 55); Honiton WMC B 333 (G Hart 67) Winstons A 317 (M McGarrigle 58); Kingfisher A 300 (A Parsons 58) Honiton Conartists 307 (M Joslin 59); Honiton Con A 315 (N Sleeman 59) Vine Nomads 327 (P Norman 60); New Inn B 310 (D Hodder 54) Kings Arms A 271 (C Rogers 64).

Div 5; Colyton Club B 356 (G Richards 72) Axminster AFC A 358 (L Garrett 66); PJ'S Koots 347 (R Woolland, J Miles 61) Offwell B 366 (L Stubbs 73); Seaton Bowling Club 300 (T Hurley-Smith 56) Kingfisher B 297 (A Hurford 69); Beer C 298 (Abbi Gribble, L Matheson 54) White Hart A 304 (B Parr 58); Heathfield A 367 (A Doble 66) Honiton Con Raiders 337 (N Foster 63); Old Inn Kings 318 (S Fuller 62) Heathfield B 317 (Gill Quick 58).

Division One	Pld	Pts
Gerrard A	21	31*
Honiton Con D	21	30
New Inn A	21	28
Axe Con A	21	24
Lamb B	21	23
Colyton Club A	21	22
Lamb A	21	20
Red Lion Cavs	21	20
Vine B	21	20
Tuckers Arms B	21	19
Cloakham B	21	18
Colcombe A	21	16
Sidbury SC Stones	21	16
Honiton WMC A	21	5*

Division Two	Pld	Pts
Red Lion A	21	31
Seaton AFC A	21	28
Volunteer A	21	26
Honiton Converts	21	25
Offwell A	21	24
Beer SC B	21	22
Wheelwright A	21	21
Vine A	21	19
Gerrard B	21	18
Ship C	21	18
Eagle Tavern	21	17
Cloakham Wanderers	21	15*
Mountbatten Whites	21	15
Colcombe Beerboys	21	14

Division Three	Pld	Pts
Tuckers Arms A	19	30
Three Tuns Hammers	20	26
Beer Vikings	19	24
Red Lion Sidbury	20	24
Beer SC A	19	22
Beer Albion	19	20
Volunteer B	19	18
Colcombe B	19	16
Sidbury Village Inn	19	16
White Hart B	20	16
Ship A	19	14
Wilmington Harts	20	14
Honiton Con BTP	18	9*

Division Four	Pld	Pts
Kingfisher A	20	30
Vine Nomads	19	27
Honiton WMC B	20	24
Rising Sun B	19	22
Rising Sun A	19	21
New Inn B	19	20
Honiton ConArtists	20	20
Seaton AFC B	20	20
Honiton Con A	20	19
Axe Inn A	19	17
Kings Arms A	19	16
Winstons A	19	10
Tuckers Arms C	19	6

Division Five	Pld	Pts
White Hart A	20	28
Offwell Rejects	19	28
Axminster AFC A	20	26
Colyton Club B	20	26
Heathfield A	19	25
PJs Pirates	19	18
Seaton Bowling	19	18
Old Inn Kings	20	18
Kingfisher B	19	16
Beer SC C	20	16
PJs Koots	19	15
Heathfield B	19	12
Honiton Con Raiders	19	6

AXMINSTER LEAGUE

Men's Singles

At New Inn; B&Gs (M Enticott 72) Tuckers C (S Spiller 65) Ax Inn Jokers (A Churchill 64) Ax Con A (A Thomas 63) Green Army (G Kent 60) Thorncombe C (S Harrison 57) Thorncombe Drifters (C Wyatt 56) W H Warriors (R Upright 49) Ship Rotary (R Woolland 48).

Red Lion; Lamb Spartans (C Miller 84) Tuckers Maggots (C Hembrow 72) Ax Inn A (T Pratt 72).

Ax Inn; Lamb A (N Jones 71) Ax Con Rebels (W Phillips 62) King Wingers (L Brooker 58) Red Lion D (T Herbert 57) Kings Army Seaton (K Massey 57) Thorncombe A (G Harding 56) Red Lion B (J Bailey 53) Lamb Shanks (P Herrod 52) Colcombe A (A Hurford 50) The Feds (J Chaplin 46) New Inn Hawks (A Cligg 43).

Lamb Inn; New Inn C (B Smith 62) Red Devils (R Summers 58) Gerrard B (J Salter 56).

Men's Pairs

Cloakham Lawns; WH Wilm B 128 (S Herrin 71 D Thompson 57) Lamb A 121 (G Smith 54 D Jones 67) Old Hawk A 117 (R Smith 47 W Apsey 70) Thorncombe C 109 (T Ellis 59 M Taylor 50) Red Lion D 101 (T Herbert 48 D **Herbert 53).**

Colcombe; Ax Con Rebels 176 (P Pomeroy 99 V Trott 77) Gerrard D 143 (Paul 67 Will 76) Kings Arms Seaton 134 (Pierre 67 Ash 75) Kingfisher A 132 (B Marshall 68 K Thomas 64) The Feds 129 (Paul Squires 62 Phil Squires 67) Seaton BC 129 (P Grigg 63 T Hurley-Smith 66) W H Warriors 128 (M McGarrigle 57 P Harrison 71).

Tuckers Arms; Red Lion B 127 (R Summers 66 A Beer 61) Axminster FC 127 (A Thresher 62 M Boniface 65) B&Gs 126 (D Board 62 T Wellman 64) New Inn C 123 (R Webber 60 B Johnson 63) Old Inn Kilm A 122 (M Collier 66 R Mear 56) Thorncombe Drifters 119 (J Collins 59 L Read 60) WH Wilm A 119 (P Jefferies 68 R Perkins 51) New Inn Hawks 102 (I Hampson 49 D Lucas 53).

Axminster FC; Tuckers C 143 (S Hembrow 80 P Roberts 63) Ax Inn Jokers 138 (B Dicks 79 L Ellis 59) Thorncombe A 138 (S Harding 67 N Hawker 71) Red Devils 134 (D Huntley 71 B Huntley 63) Hawk H/Cs 131 (P Reed 68 I Strawbridge 63) Ax Con A 127 (A Bolton 70 P Banner 57) Lamb Shanks 126 (R Lancashire 67 T Deem 59). Winstons; Colcombe A 121 (F Batten 58 M Bright 63) Lamb Spartans 119 (S Flint 60 S Dickson 59) Colcombe B 119 (M Loud 62 G Skinner 57) King Wingers 118 (P Brooker 57 P Horne 61) Wootton Cowboys 116 (A Strawbridge 61) v P Chapman 55) Gerrard B 114 (R Satterley 57 T Bright 57) Gerrard C 110 (B Webber 55 B Knight 55) Colcombe Nomads 102 (S Cross 48 R Fielder 54).

Ax Con Club; Green Army 107 (D Kelland 56 R Chapple 51) New Inn A 105 (A Rees 45 D Hodder 60) Old Kilm B 101 (D Lavender 51 J Highet 50) Tuckers Maggots 96 (D Montgomery 42 D Godwin 54) Cloakham Stars 93 (R Strawbridge 45 J Crabbe 48) Thorncombe B 91 (A Farley 41 S Staples 50) Sidmouth Arms 78 (N Parris 44 D Patch 34).

Ladies Singles

New Inn; Red Lion A (J Flint 62) Gerrard A (C Thurston 60) Ax Inn A (J Palmer 59) Seaton FC (L Smitham 54) Colcombe Angels (S Gush 53) Cloakham Castaways (H Phillips 48) Bees Knees (L Bastin 47) Tuckers B (K Laing 46).

Red Lion; B&Js Cloakham (J Bagguley 77) Colcombe A (A Ogden 63) Thorncombe Newtops (C Bull 61) WH Wilm A (S Laflin 59) Colcombe B (S Wilton 57) Old Inn Kilm A (L Beer 55) New Inn B (W Mitcham 55) Ax Inn Allsorts (L Pursey 53).

Ax Inn; Colcombe Girls (M Wills 63) Rousdon Ladies (G Gabb 54) Wotnots (C Phillips 53) Seaton BC (L Hurley-Smith 52) New Inn A (J Bond 49) Thorncombe A (W Hawker 47) Tuckers A (L Gould 47).

Ladies Pairs

Cloakham; Ax Inn A 121 (D Walsh 63 S Gage 58) Old Inn Kilm A 111 (D Perry 56 S Walker 55) Tuckers A 106 (F White 63 M Hurford 43) New Inn A 104 (G Perkins 55 P Hurford 49) Thorncombe Newtops 103 (M Marks 51 M Taylor 52) Rousdon Ladies 102 (E Beviss 51 S Millman 51) Colcombe Girls 101 (S Marks 48 E Jones 53) Wotnots 97 (L Galloway 45 R Rattenbury 52) Ax Inn Allsorts 93.

Colcombe; Red Lion A 138 (C Spiller 60 M Miller 78) Seaton BC 137 (P Whitworth 81 D Morley 56) W H Wilm A 121 (M Jefferies 52 J Bishop 69) Tuckers B 121 (A Bennett 63 C Cole 58) Gerrard A 115 (S Gardner 60 L Smith 55) Seaton FC 106 (M Dack 53 T Kenworthy 53)

Axminster FC; Cloakham A 127 (A Ellis 71 W Kiy 56) Tuckers C 118 (J Broom 61 M Fletcher 57) B & J's Cloakham 118 (B Roberts 66 J White 52) Colcombe 117 (R Gillingham 56 A Pearse 61) Thorncombe A 114 (K Gaylard 59 K Gaylard 55) Cloakham Castaways 110 (R Enticott 56 K Cornish 54) New Inn B 104 (M Mear 52 M Gardner 52).

CREWKERNE & DIST

Division One	Pld	Pts
Super Sexy Six	18	175
Lost Boys	18	155
Headhunters	18	153
The Coachmen	18	127
Rollers	18	104
Stray Cats	18	104
Football Club	18	93
Royal Oak Drimpton	18	89
King Willy Dogs	18	82
Mighty Ducks	18	81
Brewers Bees	18	76
Loud & Proud	18	57

Top away scores; K. Bendell 61, M.Sweetman 60, S.Symes 59.

Division Two	Pld	Pts
Sports 92	17	139
Acorns	16	131
Rugrats	17	118
Perrott Monkeys	16	107
Raptors	16	104
Pinbusters	17	103
Skimmers	17	92
HillBillys	16	90
Chis Colts	16	79
Fryers	16	73
Concorde	16	44

Top away scores; J.Carey 64, A.Newton & S.Caddy both 60.

Division Three	Pld	Pts
Fudders	18	148
Muppets	18	145*
Ugly Ducklings	18	145
Oakley Doakleys	18	140
Admiral 6	18	120
That's Wassap	18	103
Sandbaggers	18	98
The Likely Lads	18	90
Willy Low Flyers	18	89
Kings Men	18	81
Beer Leg Boys	18	77
Rotary	18	54

Top away scores; V.Ball 64, S.Boxall 63, S.Welch 62.

ILMINSTER & DIST

Division One	Pld	Pts
Cricketers	14	113
Crown Crusaders	14	112
Flying Turkeys	15	97
Rocky's Rollers	14	94
Ashill Inn	15	87
Flying Turkeys AS	14	85
Hatch Beagles	14	67
Royal Oak Faces	14	62
Ashill Boys	14	43

Division Two	Pld	Pts
Wyndham Warriors	14	118
Nomads	14	117
Bell Broadway	14	101
Bell A	15	99
Wyndham Clangers	14	97
Floaters	14	93
King's Head	14	63
Ilton Choppers	14	54
Hatch Eggs	15	26

EAST DEVON HUNT

Division One	Pld	Pts
Marvels	20	34
Culm Vale	22	30
Auctioneers	20	29
Ur Arrs	20	26
Blacksmiths	20	22
Talaton	20	21
Sutton Wanderers	20	18
Upottery	19	16
Foxenhole	18	14
Sidford	20	12
Zulu Warriors	20	12
Night Owls	17	10
Perkins Village	18	10

Division Two	Pld	Pts
Marsh Green	20	28
Keepers	20	27
A Team	20	24
Stags	20	24
Awliscombe Shoot	20	22
Latecomers	21	21
Breakways	19	20
Honiton Clyst	20	20
Cocks & Hens	18	18
Tuckers Arms	18	18
Jack's Lads	20	13
Broadclyst	21	13
Axe Valley	21	10

Division Three	Pld	Pts
Top Cats	20	30
Brooksiders	20	28
Goldtops	20	26
Yoyo's	20	25
Bakers 8	21	24
New Inn	21	24
Maynards	18	18
Bashers	16	16
Guys & Gals	19	16
Yetties	20	16
Here for the Beer	20	15
Alley Cats	18	10
Cee Dee's	21	6

Top Scores; Martin George 95, Paul Ellett 91, Kevin Palfrey & Terry Russell both 89.

cribbage news

HONITON

Knockout Cup Quarter-Finals (first leg), Thirsty Farmer 6–2 Vine Inn B, Vine Inn A 5–3 Feniton Soc B, Workingmens B 3–5 Workingmens A , Feniton Soc A 4–4 Honiton Inn B.

Fixtures (*March 24th*) – **Knockout Cup Quarter-Final (second leg)** Vine Inn B v Thirsty Farmer, Feniton Soc B vVine Inn A, Workingmens A v Workingmens B, Honiton Inn B v Feniton Soc A.

Singles Competition (*March 31st*) – The teams in the Dan Downs Plate-fixtures will be drawn at the Vine Inn at the Singles Competition. Meet at 7.15pm for 7.30pm start.

LYME REGIS

Results – March 14th: Gerrard Arms 2 New Inn Kilm B 3, New Inn Kilm A 3 Old Inn Kilm 2, Ship Inn LR 2 Royal Oak 3, Ax Inn 1 Nags Head 4, Stepps 2 Talbot Arms 3, Lambs Swans 2 Ax Con Club 3.

Beer League; Gerrard Arms 2 New Inn Kilm B 1, New Inn Kilm A 3 Old Inn Kilm 0, Ship Inn LR 1 Royal Oak 2, Ax Inn 2 Nags Head 1, Stepps 1 Talbot Arms 2, Lambs Swans 2 Ax Con Club 1.

Final table	Pld	Pts
Gerrard Arms	24	69
Lamb Swans	24	69
Axminster Con Club	24	68
Stepps	24	65
Nags Head	24	64
Beer Club	24	63
New Inn Kilm A	24	62
Ship Inn LR	24	59
Royal Oak	24	57
Old Inn Kilm	24	56
Axminster Inn	24	51
Talbot Arms	24	50
New Inn Kilm B	24	47

Beer League	Pld	Pts
Axminster Con Club	24	47
New Inn Kilm A	24	41
Royal Oak	24	41
Gerrard Arms	24	40
Talbot Arms	24	39
New Inn Kilm B	24	36
Lamb Swans	24	35
Axminster Inn	24	34
Stepps	24	33
Ship Inn LR	24	31
Beer Club	24	31
Old Inn Kilm	24	30
Nags Head	24	30

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Skipper's strike lands County Cup for Seaton

◆ **WE'VE DONE IT:** Seaton Town Captain and scorer of teh winning goal, Millie Pearce lifts the trophy.

By Howard Larcombe
howard@pemedia.co.uk

Seaton Town girls U16s 1
Ottery St Mary 0

SEATON Town won the Devon girls U16s cup by a single goal in a very hard fought final played recently at the Devon FA Headquarters at Coach Road, Newton Abbot.

The pitch was very small, especially for an U16s 9v9 final, but Seaton handled it very well.

Ottery were very direct and hardworking but never really troubled a solid Seaton defence and their two shots on target were both dealt with easily.

The Seaton winner came from a 25-yard free-kick from captain Millie Pearce.

Seaton had three good chances to rap it up. Ella Magrane went close twice along with Grace Perkins whose shot went narrowly over the cross bar.

The outstanding Fenella Clode received the Player-of-Match award although the whole Seaton team put in a good shift.

Team manager Jamie Bond said: "This was an amazing achievement when you consider that the team has only been playing together for two years."

Seaton line-up: Lamprill, Clode, Smith, James, Griffiths, Cottam, Perkins, Hughes, Pearce, Burridge, Hodge, Tait, Magrane, Jackson.

◆ **GREEN FOR GO:** The Seaton Town Under 16 girls team pictured before last Tuesday's cup final against Ottery St Mary at Newton Abbot FC.

Iconic annual scrambling event returns

MOTOR Cycling is set to return to east Devon on Easter Sunday (Sunday, March 27th) with the Devon Classic Easter Scramble held at Widworthy near Honiton (EX14 9SP, sign posted on A35 between Axminster and Honiton).

Last year the event, staged by the Devon Classic Scramble Club in conjunction with the Amateur Motor Cycle Association, attracted 150 riders with almost 500 spectators enjoying the action with the Badger Goss Trophy at stake.

Yeovil-based Goss, real name Bryan, was crowned British Moto Cross champion in 1970 and is highly respected among dirt-bike fans.

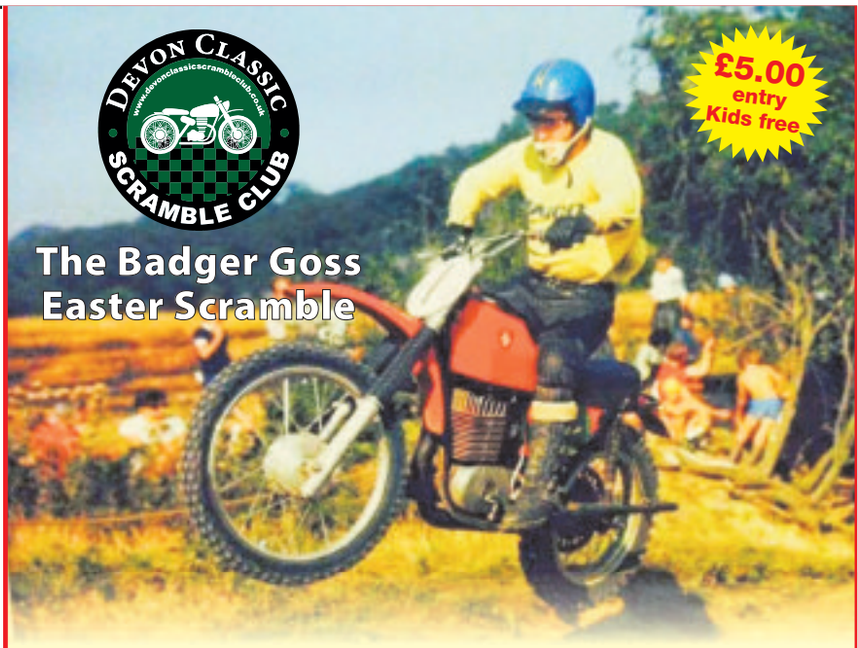
Entry to the event for spectators is £5 and the DCSC is hoping for plenty of interest, club committee member Keith Taylor said: "It should be a great day, we've got two huge fields set aside and plenty of riders on view.

"We would however welcome more people to come forward to join our club and help out with the preparations in the lead up to race day.

"Anybody interested can call me on 07793 552489 or email keithtaylor0566@gmail.com

◆ **PRESTIGIOUS:** There's a glittering array of trophies awaiting the winners of the various categories

◆ **LEGENDARY:** Badger Goss in action back in the mid 1960s



Easter Sunday 27th March 2016
Meeting 1st race at 11.00
CLASSICS TWINSHOCKS EVOS SIDE CARS
At Widworthy, between Axminster and Honiton EX14 9SP on the A35
Toilets Burger Van
Tel: 07793552489 Email: keithtaylor0566@gmail.com
(EVENT SIGN POSTED)

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